

# Welcome to Germany

*...an insider's guide*



# *A warm welcome to Germany!*

We're glad you're here. You are among thousands of Americans forging new lives in Europe this year. With *Welcome to Germany*, the families of the Third Air Force A-Staff seek to help you prepare for your move and to thrive in your new home. We've compiled advice from a wide range of people - military members, spouses, official sources, and our German neighbors - and conducted extensive research to help make your first impression of our community a great one.

Whether new to the military or a pro at the PCS, getting set up is an essential step to feeling at home. In the following pages, we've cut through the avalanche of resources available to provide you the bottom line - as we've experienced it - on what to expect upon arrival. From finding the right home to boarding a train for your first weekend in Paris, our insider's guide will help you save time, euros and energy by offering the most comprehensive and updated information available on a wide range of topics.

*Welcome to Germany* (online at [www.3af.usafe.af.mil/assignmentgermanytoolkit.asp](http://www.3af.usafe.af.mil/assignmentgermanytoolkit.asp)) brings you our ideas, experiences, impressions, and advice - please give us yours! Updates to the guide are not only welcome but necessary. We welcome your feedback. Please email your comments or the feedback form on pg. 55 to [welcometogermany@gmail.com](mailto:welcometogermany@gmail.com).

Congratulations on your assignment – and *Welcome to Germany!*

**DISCLAIMER:** Welcome to Germany is an unofficial guide published periodically by Third Air Force A-Staff spouses in the interests of personnel and family members assigned to Third Air Force, Ramstein Air Base, Germany. Contents of and recommendations by contributors within Welcome to Germany do not constitute endorsement by Third Air Force or the U.S. Air Force. Information is current at the time of publication and subject to change. No Federal endorsement of sponsors/advertisers is intended.

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## **KEY TELEPHONE INFORMATION:**

Ramstein Operator: 06371 47 1110

Calls from the U.S.: 011 49 + city code without a zero + the number

(For example, from U.S. dial 011 49 6371 47 1110; in Germany dial 06371 47 1110)

Calls to the U.S.: 001 + area code + number

DSN from the U.S. to Europe: 314 + DSN number

DSN to the U.S. from Europe: 312 + DSN number

DSN/Civilian Prefixes may be accessed online at [www.finditguide.de/prefixes.php](http://www.finditguide.de/prefixes.php).

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## You're Here!! (Now What?)

### TEMPORARY LODGING FACILITIES (TLFs)

When you first arrive, you will likely live in a Temporary Living Facility (TLF) in the area before moving into your new home. As soon as you have orders in hand, you or your sponsor may make a TLF reservation through Ramstein Lodging, Central Reservations (Building 305, Room 12. Phone: DSN 480-4920 or commercial 06371 47 4920).

Ramstein Lodging will determine whether you'll reside on- or off-base. If government quarters are available, you may be lodged at Ramstein Air Base, Vogelweh or Sembach. Without access to a car, Ramstein will be your best option – government transportation is not available between sites. Those with pets please see page 14 for details on your lodging and kennel options.

If you're authorized for an off-base TLF, request a list of local hotels from your sponsor or from Ramstein Lodging. You may also want to browse the classifieds in the *Kaiserslautern American* - commonly called "the KA" (online at [www.kaiserslauternamerican.com](http://www.kaiserslauternamerican.com)). You'll need to request a letter of non-availability (and a confirmation number) from the Ramstein Lodging Office. Pick up the form (in person) up to 48 hours prior to your check-in date. You'll need the non-availability form to collect your Temporary Living Allowance (TLA).

For more information on the TLF process and your authorized TLA, please contact your sponsor or the Vogelweh or Ramstein Housing Office (introduced in "Finding a Home"). The free *Kaiserslautern Military Community Welcome Guide* CD (available from your sponsor or orderly room) also provides a useful overview of the TLF/TLA process.



### NAVIGATION

To find your way around the area, you may want to pick up (or request from your sponsor or the orderly room) a detailed regional map from the Vogelweh or Ramstein Housing Office as

well as a copy of the free *Find-It Guide*, which includes a series of regional maps (also online at [www.finditguide.de/maps.php](http://www.finditguide.de/maps.php)).

Websites such as [www.mapquest.com](http://www.mapquest.com), [www.map24.com](http://www.map24.com), and [www.viamichelin.com](http://www.viamichelin.com) provide good directions to specific locations. Many families also use GPS navigator systems here.

## FINDING A HOME

The Vogelweh Housing Management and Referral Office (Building 1001. Phone: DSN 489-6671/2 or commercial 0631 536 6671/2) serves the entire Kaiserslautern Military Community (known as “the KMC”). Sign in at Vogelweh upon arrival to begin your house-hunting expedition. Directions to the Vogelweh Housing Office, located in the Vogelweh Housing complex, are listed at the end of this section.

After an initial visit to Vogelweh, you may conduct all other housing business at the more conveniently located Ramstein Housing Office (Building 2410. Phone: DSN 480-3140/3141 or commercial 06371 47 3140/3141). Directions are listed at the end of this section.

The Baumholder Housing Management and Referral Office (Building 8876. Phone: DSN 485-7585 or commercial 06783 67585), about 40 minutes from Ramstein, also offers housing services. Baumholder releases its own list of rental properties. If you use Baumholder’s services, however, you must use the Baumholder Housing Office for the entire lease process.

For those using Vogelweh and Ramstein Housing Office services, you’ll be provided access to information on both on- and off-base options. If interested in on-base homes, please discuss locations and availability with the Housing Office. If you’re authorized to live off base and choose to do so, the Housing Office releases a printed list of rental properties each business day at 7:30 a.m. You must go to either the Vogelweh or Ramstein Housing Office to pick up the list.

To maximize your options at this point, one spouse advises that you “request a complete print-out of all the houses available to rent, including the houses that have been on the market for a while.” Be ready to act, another adds: “New homes are added every day. But sign quickly if you find one you like; they go fast.”

If time permits, you may also consider locating and driving by listed properties using a GPS navigator system (on loan from the housing office or for purchase from the PowerZone at Vogelweh, Ramstein or Baumholder) before scheduling walk-throughs. One family reports, “This is a quick way to eliminate houses that don’t meet your needs and keeps you from wasting time on a walk-through of something you don’t like.”

Another family recommends that newcomers “decide on two or three priorities for your family and be more flexible on the others.” For example, you may want to consider one or



more of the following criteria: school district, adequate off-street parking, accessibility to autobahn, distance to base, yard, number of bedrooms, Internet access, storage, price (rent plus utilities, and other fees) or garage.

In addition to the Housing Office list, you may use (at your own risk) a realtor. Most brokers will charge at least one month's rent (not reimbursed by the government) to help you find a great place. But it can save you time by narrowing down your options. Newcomers use different methods to find homes in this way. You may find realtors in the KA classifieds. You may also try exploring villages a certain driving distance from Ramstein and visiting realtors ("Immobilien") in the villages that interest you.

German newspapers, such as the free weekly *Wochenblatt*, also list homes for sale and rent. It's good opportunity to practice your German while seeking your new home!

If concerned about school districts, you may want to review the KMC bus route (online at [www.kais-dso.eu.dodea.edu/Transportation/Rams\\_Land\\_busses.htm](http://www.kais-dso.eu.dodea.edu/Transportation/Rams_Land_busses.htm)). One family visited villages in a desired school district and found a few newly-built houses, some of which may have landed on the Housing Office list. The family got the first showing, negotiated the rent, and moved in.

For those who *do* find homes not listed by the Vogelweh and Ramstein Housing Office, you'll need to have the home inspected and approved by the Housing Office prior to signing a lease. This process may take some time to complete.

Once you're ready to move forward with the rental contract, you'll work with the Housing Office to finalize the lease. We recommend a careful review of your contract. Get verbal agreements in writing and communicate with your landlord on your responsibilities for water, gas, heating oil, electricity, Internet, satellite installation, garbage pick-up, yard care, shoveling snow, etc.

On shoveling snow, you'll want to be aware of German laws regarding snow removal. The KA reviews the latest requirements online at [www.kaiserslauternamerican.com/artman2/publish/News\\_7/Get\\_on\\_the\\_snow\\_patrol.shtml](http://www.kaiserslauternamerican.com/artman2/publish/News_7/Get_on_the_snow_patrol.shtml).

You may also want to confirm your Internet connection (DSL, satellite or dial-up) in the home by talking with your landlord and/or Internet company of choice before signing a lease. "Make sure the house is capable of high-speed Internet, if that is a priority for you," urges a spouse.

For loaner furniture, the Furnishings Management Office (FMO) representatives at the Ramstein Housing Office arrange loans and delivery of basic furniture items like couches, beds and wardrobes. (Building 2410. Phone: DSN 480-3140/3141 or commercial 06371 47 3140/3141.) Appliances – transformers, washers, dryers, refrigerators and microwaves – are also available for loan. Bring a copy of your orders and a rental agreement to the FMO representative to start the process. Also pick up the FMO's informative pamphlet on loaner items and voltage requirements.

*Please note:* The Housing Offices at Vogelweh and Ramstein close on all German and U.S. holidays (dates listed online at <http://germany.usembassy.gov/germany/holidays.html>). Goal or family days may also fall during the week you plan to arrive. Please check with your sponsor or the orderly room for updated calendar information.

The Vogelweh Housing Management and Referral Office (Building 1001. Phone: DSN 489-6671/2 or commercial 0631 536 6671/2) can be tricky to find. *Directions:* The office is located in the Vogelweh Housing complex in Kaiserslautern. From A6 heading toward Mannheim, take Exit 15 (Kaiserslautern-West, Waldfischbach, Opel). Follow the signs on the exit for Waldfischbach. You will be on the B270. From here, stay toward the right and take the third exit off this road (first exit is for Opel, second exit will take you toward Landstuhl) following the sign for Kaiserslautern. This puts you on Pariserstrasse. As you get onto Pariserstrasse (stay in the right lane), you'll see military housing on your right. Turn right from Pariserstrasse onto Arizona Street to enter the Vogelweh Housing/Golf 8 Gate. Once on base, follow Arizona Street to the stop sign. Take a right onto Colorado Street. Follow Colorado to the traffic circle. Take your first right from the circle. Drive by the school. Continue to follow this road to the Florida Loop. Take a right at the loop. Take a right onto First Avenue. The Housing Office is located on your right.

The Ramstein Housing Office (Building 2410. Phone: DSN 480-3140/3141 or commercial 06371 47 3140/3141) is located on Mitchell Avenue. *Directions:* From the West Gate, drive through three traffic lights to the large traffic circle. Take the first right out of the circle onto Mitchell Ave (heading toward the flight line). Go through the traffic light. The Housing Office is located on your right across the street from the Southside Post Office.

## UTILITIES

The staff at the VAT/Utilities office at Ramstein (Building 2118. Phone: DSN 480-5309 or commercial 06371 47 5309) will help you set up utilities in your new home. Pick up information sheets (utility companies by region, UTAP program details, more) at check in.

Your landlord, previous tenants or your neighbors may also be able to help you find and select the best options for your home.

You may also have questions about voltage requirements. In addition to the FMO's pamphlet, our advice and information follows:

- "Bring any small appliances and lamps that you would like to continue using and buy (at any BX, thrift shop or from the classifieds in the KA) transformers and adapters (as needed) once you arrive."



- “Smaller appliances that have heating elements (such as coffee pots and hair dryers) require large transformers which can be quite expensive. For these items, it may be cheaper and easier to buy a 220-volt model.”
- “The Base Thrift Shops are a great place for incoming people to get used transformers and 220 appliances without paying full retail costs.” Thrift stores are located in Building 3818 on Landstuhl, Building 2901 on Pulaski, Building 90 on Sembach and Building 1200 (next to the commissary) on Ramstein.

## PHONE SERVICE

As in the U.S., you have many options for phone service here. You may find the overview at [www.howtogermany.com/pages/telephone.html](http://www.howtogermany.com/pages/telephone.html) helpful in decoding the telephone industry in Germany.

More advice and information on phone service follows:

- Deutsche Telekom - also known as T-Com - offers phone and Internet services. The company offers package deals (such as Call and Surf) and rate plan. In one new rate plan, T-Com charges € 3.95 per month for all calls to other European countries; plus, all calls to the U.S. and Canada are included.



A T-Com user pamphlet - posted online at [www.eventful-communications.de/downloads/2005/t-net-bed-eng-eventfulcomms.pdf](http://www.eventful-communications.de/downloads/2005/t-net-bed-eng-eventfulcomms.pdf) - provides instructions (in English) on setting up your voicemail. English-speaking representatives at the T-Punkt office in Landstuhl (Kaiserstrasse 135. Phone: 06371 914 230) can assist you in setting up an account.

*Directions to T-Punkt in Landstuhl:* From Ramstein AB, exit the West Gate, go straight through the traffic circle, and follow the signs for Landstuhl. Take the road to a “T” intersection. Take a left there onto Kaiserstrasse. Follow Kaiserstrasse (staying left at the light in Landstuhl). You will see the sign for T-Punkt on your left across from the Aral gas station. Parking in front.

- “TKS at Ramstein and Vogelweh offers both phone and Internet services. The company provides bills and technical support in English. Because of this level of service, they cost more than other service providers. The first TKS bill will be very expensive because it includes all of the setup costs, as well as two months of service. Expect a \$300 bill (depending on the exchange rate).” Make sure you sign up for DSL at the same time as phone service to get the best rate plan. (Phone: 0631 2070. Online at [www.tkscable.com](http://www.tkscable.com).)
- Bunt Communications in Landstuhl (Phone: 06371 60753. Online at [www.bunt.com](http://www.bunt.com)) offers cable and telephone service through Kabel Deutschland, among other carriers. One user appreciates the “great English-speaking staff” and advises that customer service issues be addressed through Bunt. Bills are in German.
- “For long-distance calls, you may use companies which require you to type in a code at the beginning of your call for cheaper rates. One option: Dial 01015 + the country code + the number to make long-distance calls. Another: 01051+ the country code + the number. The amount of the call per minute is provided in German before the call is connected. Accept the rate by continuing the call. Hang up if you don’t like the rate and try again another time. Test it and see if the rates work for you. You will see the charges for these calls on your phone bills.”
- “Phone costs are very high calling between cell phones and land lines (as opposed to cell-to-cell or land-to-land). We use our Vonage (voice over Internet) from the states for calling home. We pay our flat monthly fee and people calling us from the states are calling a stateside number.” (Online at [www.vonage.com](http://www.vonage.com))
- “Signing up for cell phone service will give you immediate phone service,” says one spouse. “Your land line may take a few weeks.” One option: Stop by one of the T-Mobile Shops (in the Ramstein BX or next to the Vogelweh PowerZone) for contract or pre-paid card phones.
- “For those with high-speed Internet, you can sign up with [www.skype.com](http://www.skype.com) and have your friends/family at home sign up...you will be able to talk via computer (if you have a mic/or webcam) and it is free!!!!”

## INTERNET SERVICE

DSL is not available in all homes. Check with your landlord, previous tenants, and with the company you plan to use for Internet service (for example, [www.t-online.de](http://www.t-online.de)) to assess the availability of high-speed Internet in the home you are considering. For an overview of Internet services in Germany, try [www.howtogermy.com/pages/telephone.html](http://www.howtogermy.com/pages/telephone.html).

When you first arrive, you may access the Internet for free at any of the base libraries or community centers. Some of these locations also offer Wi-Fi access. Free wireless Internet access is also available at the USO in the Ramstein Passenger Terminal (2<sup>nd</sup> floor. Open until 2300).

More information and advice follows:

- “TKS DSL service is [available] through the telephone network and is very reliable. Some towns get DSL service by a microwave antenna and it is not as reliable as the traditional telephone network. Some of the more remote towns don’t have ... high-speed Internet service so [you’ll] have to use dial-up.”
- Satellite service is also available in the region. Check the KA ([www.kaiserslauternamerican.com](http://www.kaiserslauternamerican.com)) for offers.

## AFN/SATELLITE/CABLE

You will need a multi-system TV (available for purchase at the Vogelweh, Ramstein or Baumholder PowerZone) to receive SKY TV and other satellite programming off base. TKS Cable, serving the base housing areas, also requires a multi-system TV. American TVs can receive AFN but not other programming.

More advice and information follows:

- AFN receivers and satellites are available for purchase at any PowerZone (Vogelweh, Baumholder, even Heidelberg). You may also rent receivers using your Military Star Card account (\$13 per month). Used receivers may be available for purchase: “Look for a used receiver at the PowerZone at Vogelweh [or Baumholder] - \$95 vs. \$270.” Also look in the classified ads of the KA ([www.kaiserslauternamerican.com](http://www.kaiserslauternamerican.com)) and *Stars and Stripes* ([www.stripes.com](http://www.stripes.com)) for used receivers and dishes.
- SKY TV:
  - “Axel Satellite offers SKY TV. Fast service.” (Phone: 0634-514307. Online at [www.axel-sat.de](http://www.axel-sat.de))
  - “We opted for SKY TV because we are able to get more English-speaking channels than regular AFN or German cable. We get channels like the E! (Entertainment) Channel, Bravo, FX, Disney, Cartoon Network, Nickelodeon, Nick Jr., CNN, Fox News, but NOT ESPN, only ESPN Classic. Set-up ran us about 420 euros, and monthly fee for premium package is 55 euros a month. [That price] includes all the channels mentioned above as well as movie channels.”

- “Beware of buying second-hand SKY Boxes; sometimes once the account is closed the cards cannot be reactivated, so you will be out the money you spent!”

## AUTOMOBILES

Drivers with “a valid reason” may be authorized a 30-day temporary driver’s license while studying for the United States Army Europe (USAREUR) driving test. To receive a temporary license, you’ll need your driver’s license, an international driver’s license (such as the AAA International Driving Permit) and a command letter from your squadron section commander. Bring these documents to the Ramstein Driver Testing/Licenses Office to request your temporary license. (Building 2106, Room 201, Ramstein. Phone: DSN 480-2394 or commercial 06371 47 2394) You may also schedule your test date and pick up study materials for the USAREUR driving test at this time.

A newcomer warns (and the Testing/Licenses Office confirms): “The temp license will be taken from you on the day you test (pass or fail!).” To study, you may access the USAREUR driver’s handbook and examination manual online at <http://rmv.hqusareur.army.mil>.

More auto-related information follows, by category:

### REQUIREMENTS

- USAREUR’s study guide (online at <http://rmv.hqusareur.army.mil>) covers all of the requirements for your car(s), such as a spare tire, emergency triangle, medical kit, reflective vests and car seats for children.
- German law requires drivers to mount tires labeled “M+S” or with a snowflake at the first sign of snow. You’ll want to replace tires with treads less than 4 millimeters. Chains may be rented from ADAC (to be used only with winter tires) for more treacherous roads. Failing to use appropriate tires on German roads in winter may result in fines, blame for auto accidents involving your vehicle, and denial of insurance claims after accidents. More information may be found in the KA online at [www.kaiserslauternamerican.com/artman2/publish/Lifestyles\\_12/Motorists\\_must\\_recognize\\_winter\\_dangers\\_4779.shtml](http://www.kaiserslauternamerican.com/artman2/publish/Lifestyles_12/Motorists_must_recognize_winter_dangers_4779.shtml). Check for winter tires on rental cars, too. Please visit the KA online at [www.kaiserslauternamerican.com/artman2/publish/News\\_7/Rental\\_cars\\_may\\_not\\_have\\_snow\\_tires.shtml](http://www.kaiserslauternamerican.com/artman2/publish/News_7/Rental_cars_may_not_have_snow_tires.shtml) for more information.

## SHIPPING

- A spouse advises: “You may wish to consider bringing your 4-wheel drive or a front wheel drive vehicle for driving in the winter snow and ice.”
- Smaller cars can also be useful: “If you have a choice, bring a smaller car with you,” one spouse notes. “Compact cars may get better gas mileage and may be easier to maneuver/park. Also, if you left a second car in the states, you might find it more affordable to ship it space-available than to purchase a second car here.”
- Shipping a car earlier (two weeks or more) is recommended. While waiting for the arrival of your auto(s), you can rent a car from a variety of companies (check out a selection of ads at [www.finditguide.de/business.php?cat\\_id=167](http://www.finditguide.de/business.php?cat_id=167)).

## BUYING AUTOS & ACCESSORIES

- The Ramstein lemon lot is located behind Building 2410. Both U.S.- and European-spec cars are offered for sale here. *Directions:* From the West Gate, drive through three traffic lights to the large traffic circle. Take your first right out of the circle onto Mitchell Ave (toward the flight line). Go through the traffic light. Building 2410 (the Housing Office) is located on your right, across the street from the Southside Post Office. The lemon lot is located behind this building.
- The Ramstein Auto Recycling Center (Building 5122, outside the East Gate. Phone: DSN 480-5827 or commercial 06371 47 5827) sells used cars, disposes of vehicles and offers a towing service. The Center also sells used-but-new emergency kits (required in vehicles) at a deep discount.
- The KA ([www.kaiserslauternamerican.com](http://www.kaiserslauternamerican.com)) and *Stars and Stripes* ([www.stripes.com](http://www.stripes.com)) also advertise U.S.- and European-spec cars for sale.

## SERVICE

- “Ask any German shop if you can provide the oil for an oil change. The oil is much cheaper at base gas stations.”
- “If you have a used BMW, take it to Auto Service Plaul in Ramstein. Not only is it convenient to Ramstein AB, Herr Plaul does speak English and will not overdo/charge for repairs.” (Phone: 06371 51039.)
- “KUNAS Car Clinic in Ramstein (Phone: 06371 50961) has always provided me with exceptional service. They let you bring your oil and filter and that saves a lot of money.”

- “Join ADAC, the German version of AAA. They offer excellent service to anyone who has an accident or needs emergency medical care within Europe. Kaiserslautern has an office with an English-speaking staff.” (ADAC - Walsh Agency. Kaiserstrasse 6, Einsiedlerhof/Kaiserslautern. Phone: 06371 577 50.) *Directions:* From the Ramstein East Gate, follow the road to the traffic circle. Take the first right out of the traffic circle and follow the priority road over A6 through the big left turn. Continue to follow the priority road as it turns right across the bridge over the railroad tracks. After the bridge, turn left at the light to get onto Kaiserstrasse. ADAC is about .2 miles on your left.
- Car washing facility locations: At the Auto Skills Center on Ramstein; west of the shoppette (near the Pulaski gate) on Vogelweh; and at the gas station/shoppette on Landstuhl. More information can be found online at [www.finditguide.de/military.php?cat\\_id=29](http://www.finditguide.de/military.php?cat_id=29).
- Auto Skills Center locations: Landstuhl, Pulaski, Ramstein and Sembach. More information can be found online at [www.finditguide.de/military.php?cat\\_id=21](http://www.finditguide.de/military.php?cat_id=21).

## TRAVEL

- Drivers must have an international driver’s license (issued by AAA, for example, or by USAREUR) to drive in countries other than Germany. You will need to have the hard copy of your USAREUR license (not the temporary paper license) to apply for an international license through the USAREUR Testing/Licenses Office. The form for the international driver’s license is available online at <http://rmv.hqusareur.army.mil/ssintdrlic.htm>. Take this form and your USAREUR license to the Ramstein Driver Testing/Licenses Office to start the process.
- Add road tax stickers to your checklist and budget if you’re planning to drive in Switzerland or Austria. For Switzerland, you may pay the required road tax in advance (in euros or Swiss Francs) at ADAC or you may pay cash at the border. For Austria, you may purchase the sticker (in euros) at the border.
- You must use headlights to drive in daylight as well as at night in most European countries. You can be fined up to 200 euros for not using headlights at all times in countries other than Germany, France, Switzerland and Bulgaria. (Source: ADAC)
- If you plan to travel by car to Berlin, Hannover, Cologne, Mannheim or Stuttgart this year, you may need a (free) sticker that authorizes you to drive in new environmental protection zones established in these cities. Your car will need to meet certain emissions standards before you can receive the decal. Please call the Ramstein Driver Testing/Licenses Office at 06371 47 2394 for more information on this requirement. More information may be found online at



[www.kaiserslauternamerican.com/artman2/publish/News\\_7/Do\\_I\\_need\\_a\\_German\\_E\\_missions\\_Umweltzone\\_sticker.shtml](http://www.kaiserslauternamerican.com/artman2/publish/News_7/Do_I_need_a_German_E_missions_Umweltzone_sticker.shtml).

## MISCELLANEOUS ADVICE

- “Take care in washing your car in your driveway: your neighbors may not like pollution caused by the soapy water runoff.”
- Tune your radio to AFN Kaiserslautern (FM 100.2/AM 1107) or call DSN 496-6119 or commercial 06302 67 6119 for weather updates and warnings.

## GARBAGE AND RECYCLING

You will become intimately familiar with your garbage while living in Germany. Recycling here is mandatory. Your responsibilities for sorting your garbage will depend on the rules of the village in which you live. Some counties supply bins while others, in addition to bins, require you to pick up rolls of colored bags (for different categories of garbage).

Your county house (Landkreis Kaiserslautern, for example), landlord, and/or the Housing Referral Office at Vogelweh or Ramstein can help you to determine what your region requires and assist you in accessing your local garbage/recycling schedule. This information may also be available online.

In Kaiserslautern, for example, waste management details may be found online (in English) at [www.kaiserslautern-kreis.de/abfallwirtschaft/muell\\_tipps/muelltipps\\_englisch/index\\_muelleng.htm](http://www.kaiserslautern-kreis.de/abfallwirtschaft/muell_tipps/muelltipps_englisch/index_muelleng.htm). You may also find the publications *ASK: Waste Separation Sorted!* and *Müll Tips* very useful, no matter what county you call home. Both publications are available at the German-American Community Office (Lauterstrasse 2, Kaiserslautern. Phone: 0631 363 3010/3015/3016. Email: [info@gaco-kl.de](mailto:info@gaco-kl.de)).

You will be, at a minimum, sorting your garbage into recyclables (plastic, paper, metal, glass) and waste (non-hazardous, non-recyclable) each day. Many Germans regularly compost their kitchen and garden refuse, resulting in very little waste (thus, the tiny garbage bins). Your county house may also distribute separate bio-containers for organic waste.



If you produce excess waste, please visit your county house for details on excess waste disposal options (such as bags for purchase). Families with babies in diapers, for example,

may purchase special bags for diapers. You may take the birth certificate(s) to your Rathaus to buy these bags.

Villages also set aside a few days a year for bulky item pick-up. When it is time for these pick-ups, the bulky items may be left by the curb.

A knowledgeable recycler reports that, "Each area schedules regular pickups of items not allowed in the weekly pickup (mattresses, couches, carpets) approximately every six months. You may have to make an appointment at your county house to have super-sized items picked up for disposal. To find your local date, look up the 'Abfuhrtermine' at your local Rathaus or online for your 'Kreis.'" Your landlord or neighbors may also be able to direct you to information on pick-up days for specialty items.

The KA lists the 2008 bulky item pickup dates for Kaiserslautern County online at [www.kaiserslauternamerican.com/artman2/publish/News\\_7/Say\\_good-bye\\_to\\_that\\_old\\_stuff.shtml](http://www.kaiserslauternamerican.com/artman2/publish/News_7/Say_good-bye_to_that_old_stuff.shtml).

More advice and information follows:

- "Most Rathaus have a booklet available describing what types of garbage is allowed in each container. Be aware that glass has a separate drop-off container [for some, but not all communities], usually located in each village."
- "Follow your neighbors with which cans to put out until you learn the cycle. If you have space in your house, get some larger Rubbermaids to sort the different recyclables. Keep a small covered Rubbermaid container in your kitchen for the compostable garbage."
- "The BX sometimes sells a great trash can with three dividers - two large that I use for paper and abfall [all other trash, aka Restmüll] and one small that I use for bio. I use a separate regular trash can for my gelbe [yellow recycling] sacks. It holds a lot and works well for me. The can is also sold at Toom but for quite a bit more money."
- Base recycling centers are also an option:
  - Ramstein (*Directions:* Enter Ramstein at the West Gate. Follow road. Take a right at the Burger King. Take the third right out of the traffic circle.)
  - Vogelweh (*Directions:* From the Vogelweh Gate by the PX/PowerZone complex, follow the road to the stop light. Turn left at the light onto Kansas Street. Follow road into Kapaun Air Base. Take at right (exiting the priority road) onto Sixth Avenue. The center is located on your right across from a huge parking lot).

## PRESCHOOL PROGRAMS

Your off-base preschool options include:

- **Faith Baptist School** (kindergarten through fifth grade) in Einsiedlerhof (in the *Find-It Guide* under *Education*, [www.finditguide.de/business.php?cat\\_id=255](http://www.finditguide.de/business.php?cat_id=255)).
- **Children's Learning Academy** (CLA) in Mackenbach (in the *Find-It Guide* under *Day Care*, [www.finditguide.de/business.php?cat\\_id=181](http://www.finditguide.de/business.php?cat_id=181)).
- **Agape** (in the 2007 print edition of the *Find-It Guide* under *Education*).
- **German preschools** - "Kindergarten" - are also an option. American students are accepted on a space-available basis in German schools. One Third Air Force A-Staff mom shares her story here:

"My 4 year old goes to German Preschool/Kindergarten and is doing very well. There are several other American children in her class, which helped with socializing. The teachers speak mostly German which is great if you want your children to try to learn the language. A few teachers however do speak decent English, but some do not speak English at all. This is a great option if you are interested in immersing your child into the German culture. However the class itself is not as academic-based as a typical American Preschool. Our village



school is more like a Montessori Program where they mix the ages 3 to 6 years old in one room. They learn mostly through play. Another advantage is financially it is more affordable than some of the other preschools in the area. I only pay 54 euros a month vs. 165 euros at [an] American-run school. Plus, I have the option of sending her every day if I want from 8am to 2pm, but I don't

have to. They do have monthly outings with the children with walks in the woods, and there are also some social events for the parents. The only thing for me that is unfortunate is that I don't feel like I can be as involved in the school as I probably would be at an American school because of the language barrier."

For more information on this preschool, please contact St. Dominikus Catholic Kindergarten in Kirchenarnbach. Phone: 06371 46 8925.

## YOUR BELOVED COMPANIONS

(By Cathy Hughes, Third Air Force A-Staff Spouse)

### IS THERE A TLF FOR PEOPLE WITH PETS?

Six of 30 new pet-friendly TLF units are ready at Ramstein. According to the *KA*, “Ramstein Inns provides all the basic pet paraphernalia, such as a kennel, food dish, litter box, and even a flea collar during the summer months.” Pet-friendly TLF units fill quickly, so make your reservations as soon as you receive orders. If you are not placed in one of these pet-friendly rooms and on-base lodging is available, the Ramstein Lodging Office now requires you to kennel your pet while you stay on base. Please contact the Ramstein Lodging Office at DSN 480-4920 or commercial 06371 47 4920 for updates and more information. (Sources: *Kaiserslautern American* - 11/7/2007; Ramstein Lodging Office)

### WHERE CAN I FIND A VETERINARIAN?

Veterinary Practice Delorme-Goldberg at Daimlerstrasse 7 in Landstuhl. The veterinarians care for all kinds of domesticated animals and the staff does speak English. Their telephone number is 06371 914314 and the website address is [www.landstuhlvet.de](http://www.landstuhlvet.de).

The Kaiserslautern Veterinary Treatment Facility also offers services to military members. (Pulaski Kaserne, Building 2928. Phone: 0631 3406 4444.)

More veterinary options are listed in the *Find-It Guide*, online at [www.finditguide.de/business.php?cat\\_id=212](http://www.finditguide.de/business.php?cat_id=212) (off base) and [www.finditguide.de/military.php?cat\\_id=153](http://www.finditguide.de/military.php?cat_id=153) (on base).

### IS THERE A GOOD KENNEL IN THE AREA?

Berghof Kennel, located at Country Road L-469 in Mittelbrunn, offers boarding of all sizes of dogs (even the giant breeds!) and cats. Be sure to call them (Phone: 06371-468 472) first for directions!

Rainbow Farm Kennels in Landstuhl is also recommended. (Phone: 06371 914619. Online: [www.rainbow-farm.com/our\\_service.html](http://www.rainbow-farm.com/our_service.html))



You may also want to consider The Farm Kennel in Bruchmühlbach-Miesau. Though “a little farther away,” it is located right off the A6 Autobahn. The English-speaking staff is helpful. Owners may visit and walk pets during business hours. Visit the kennel’s website at [www.tierpension-farm-kennel.de/html/english.html](http://www.tierpension-farm-kennel.de/html/english.html) or call for more information (Phone: 06372 8070).

Marion Mayer (Phone: 06372 62140) accepts dogs on a space available basis in her home (unkenneled).

The *Find-It Guide* lists more kennel options at [www.finditguide.de/business.php?cat\\_id=210](http://www.finditguide.de/business.php?cat_id=210).

## **CAN I TRAVEL WITH MY DOG?**

To travel within the European Union, cats and dogs must have a new blue EU passport issued from the country they are residing in as well as the ISO Microchip. The local military vet clinics as well as the German vet clinics can issue you the passport. Some countries do require a recent health certificate. Check with your veterinarian for more details.

## **DOES MY PET NEED TO BE MICROCHIPPED? WHAT MICROCHIP SHOULD I HAVE?**

Animals must now have an ISO-compatible microchip prior to entering Germany. AVID and Home Again were not ISO-compatible and you may need to bring or rent a personal scanner to use at customs. Stateside military vets should know and have ISO Chips. You can also have an ISO-compatible microchip injected at the local German vet.

## **IS THERE A DOG PARK IN THE AREA?**

Yes! The fenced-in park is in the far northwest corner of Ramstein housing, between Buildings 841 and 844, which are on Kansas Street and New York Avenue, and west of Texas Boulevard. The park is about 1/3 the size of a football field.

Rules of the park are:

- Dogs must be leashed when entering or leaving the park
- Owners must remain in the fenced area with their dog while the dog is off leash
- Owners must carry a leash with them at all times while in the park
- Dogs showing signs of aggression must be leashed and immediately removed from the park
- No dogs under the age of four months, or those who have not received a complete round of vaccinations
- No food in the park
- Children must be at least 9 years old to accompany their dog without an adult
- Bring a pooper scooper to remove all doggie waste

(Source: *Kaiserslautern American* – 10/19/2007)

## IS THERE DOG TRAINING AVAILABLE?

Axel Hehl, offers dog training courses, including Puppy Kindergarten and the AKC's Good Canine Citizen Test, at the Rod & Gun Club on Vogelweh. Phone: 01632315451. Email: [axel1712@yahoo.de](mailto:axel1712@yahoo.de).

## WHERE DO I FIND A PET STORE?

A pet store is called "Zoohandlung." A German chain of this type of store is "Freschnapf" and there is one located at Mainzer Straße 109D in Kaiserslautern. This is similar to Petsmart, albeit smaller, and you can still bring your dog inside.

## WHAT CAN WE DO TO SUPPORT THE COMMUNITY?

Pets and owners can be certified to participate in an American Red Cross "Pet Visitation Program" at Landstuhl Regional Medical Center. Please contact the Red Cross at Landstuhl. Phone: DSN 486-7298 or commercial 06371 86 7298. (Source: *Kaiserslautern American* - 11/9/2007)

## LANGUAGE

Whether you choose to hire a private tutor, enroll in a class, or memorize one word a day, your efforts to learn the language will tremendously enhance your experience abroad. One spouse encourages, "Don't be nervous to get out; it's amazing how much you can do by trying and pointing; try to say something and the person will often help you with the pronunciation."

More advice and information follows:

### RECOMMENDED BOOKS, CDs, AND PROGRAMS

Davies, Helen. (2006). *Internet-Linked Germany Dictionary for Beginners*. London: Usborne Books.

"Good for kids," says one mom.

*Instant German Deluxe v 2.0*. (2005). Renton, Wash.: TOPICS Entertainment.

"We ordered *Instant Immersion German Deluxe v 2.0* CDs that we listen to in the car," reports a spouse. "We also have our handy translation book that I keep in my purse."

Kershul, Kristine. (2005). *German in 10 Minutes a Day*. Seattle, Wash.: Bilingual Books.



Rosetta Stone Online Language Learning Program.

You may enroll (space available) in this free language program offered through the USAFE libraries. Go to [www.usafelibraries.org](http://www.usafelibraries.org) and click on Rosetta Stone for more information and to set up an account. (Ramstein Library, Building 409. Phone: DSN 480-6667 or commercial 06371 47 6667)

## CLASSES

- **German language classes** are offered at the Army Education Center. Please contact Viktoria Ehrhardt for information on class schedules. (Phone: 0631 72255)
- **German Conversational Classes** are offered at the Vogelweh Community Center. (Phone: 0151 57215857)
- **Learn German with Your Preschooler** at the Vogelweh Community Center. Meets twice a week from 1000-1130. Cost: \$90. Includes a snack. (Phone: 0151 57215857)

One student gives it the thumbs-up: “3/4 of the class was [comprised of] repeat customers so I think that speaks volumes for the teacher Petra (German wife of a retired military member). There are lots of different activities - coloring, songs, games, crafts - all keeping the kids involved. There are themes to the weeks, plus things like songs that repeat week to week too. I know I'm going to benefit a lot too. There are lots of handouts with the vocabulary, songs, etc., so no need to write things down!”

- **Adult Continuing Education (ACE)**. Multiple levels of German instruction. Also Italian, Spanish, French and ESL. (Building 2120, Ramstein. Phone: DSN 480-6043 or commercial 06371 47 6043)
- **Ramstein Youth Center's German classes for kids**. Meets Mondays. Cost: About \$200 for a year of classes. Payments may be made monthly. A 10% discount is offered to those who pay three months in advance and show a club card at the time of payment. (Phone: DSN 480-6444 or commercial 06371 47 6444)

Class times by age:

1400-1445	Ages 3-5	Immersion
1445-1530	Ages 5-12	Immersion
1530-1615	Ages 6-8	Beginner
1615-1700	Ages 9 & up	Beginner
1700-1745	Ages 6-8	Immersion
1745-1830	Ages 9 & up	Immersion

## USEFUL GERMAN PHRASES

(By Cathy Hughes, Third Air Force A-Staff Spouse)

### Politeness

Please/You're Welcome – Excuse Me – Thank You

**Bitte – Entschuldigen Sie! – Danke**

### At the Store

Milk – Cake – Bread – Egg(s)

**Milch – Kuchen – Brot – Ei(er)**

Vegetables – Fruit

**Gemüse – Obst**

Yogurt – Cheese

**Joghurt – Käse**

Meat – Veal – Beef – Pork – Ground

**Fleisch – Kalb – Rind – Schweine – Hack**

Ham – Duck – Turkey – Chicken

**Schinken – Ente – Pute – Hähnchen/Huhn**

### At the Restaurant

Breakfast – Lunch – Dinner

**Frühstück – Mittagessen – Abendessen**

With – Without – Eat in – To Go

**Mit – Ohne – Hier – Mitnehmen**

Hot – Cold – Spicy – Sweet – Sour

**Heiß – Kalt – Scharf – Süß – Sauer**

Coffee – with cream – with sugar

**Kaffee – mit Sahne – mit Zucker**

Iced Tea – (Apple) Juice – Water

**Eistee – (Apfel) Saft – Wasser**

Check, please!

**Zahlen, bitte!**

Where's the restroom/toilet?

**Wo ist die Toilette (WC – “vay-cay”)?**

## Exploring Your Neighborhood

Now that you're feeling more at ease in your new home, it's time to expand your social network, to connect with the international community, and to find good food, wine, festivals, markets and outdoor activities not far from your front door. Here are our recommendations:

### RESTAURANTS

- **Einsiedlerhof - Cantina Mexicana:** Kaiserstrasse 117. Phone: 0631 99328. Online at [www.cantina-mexicana.com](http://www.cantina-mexicana.com).

"Great Mexican food and some German food too. Kids' room, family restaurant, or even just a fun crowd lunch or dinner. Easy location to find."

*Directions:* Online at [www.cantina-mexicana.com](http://www.cantina-mexicana.com).

- **Eulenbis - Pfeifertal:** Untere Pfeifermuhle. Phone: 06374 9250. Online at [www.hotel-pfeifertal.de](http://www.hotel-pfeifertal.de). Email: [info@hotel-pfeifertal.de](mailto:info@hotel-pfeifertal.de).

Restaurant and Hotel. "Terrific and authentic German restaurant and hotel! Great area for recreation and family dinners are a must here! They have a platter for 2 or more that includes a variety of fresh vegetables, German rumpsteak, pork, schnitzels, noodles and more! A good kid place especially in the warmer weather when you can sit outside and enjoy the food and day!"

*Directions:* Online at [www.hotel-pfeifertal.de](http://www.hotel-pfeifertal.de). From a patron: "The easiest way to reach the Hotel Pfeifertal is via the A6 from Saarbrücken or Mannheim. Just follow the exit Kaiserslautern West towards Weilerbach, and then turn right at the traffic light in the center of Weilerbach towards Hirschhorn. The Hotel is situated half way between Weilerbach and Hirschhorn."



#### **Kaiserslautern - Korea House:**

Weilerbacher Strasse 91. Phone: 0631 350 5965.

"Restaurant that also has a small grocery attached that has some Asian foods that you may not find at the commissary."

*Directions:* Take A6 toward Mannheim/Kaiserslautern. Take Exit 14 (Kaiserslautern-Einsiedlerhof) toward

Kaiserslautern-Einsiedlerhof. Merge onto K5. Turn right at Von-Miller-Strasse. Turn right at Weilerbacher Strasse. Go to #91. (Source: Google Maps)

- **Kaiserslautern - Pflammküche:** Ludwigstrasse 40. Phone: 0631 65875.

“Cozy restaurant reminiscent of a small town college pizza place with its wood fire stove located in the dining room.” Reservations strongly recommended.

*Directions:* This restaurant is hard to find. Take A6 toward Mannheim/Kaiserslautern. Take Exit 16a (Dreieck Kaiserslautern) for A63 (toward Frankfurt a.M./Mainz/Kaiserslautern-Centrum). Keep right at the fork and follow signs for Kaiserslautern-Centrum. Merge onto B40 (Eselsfürther Bahnhof). Follow B40. Find and park in the Altstadt parking garage and walk back up to Ludwigstrasse (the traffic signal). Walk to the right on the main street about 400 meters and go to the first building after the bathroom fixtures shop. (Sources: Google Maps and a patron)

- **KMC area:** List online [www.dccow.com/goodfood.html](http://www.dccow.com/goodfood.html).

List of restaurants in the KMC area with reviews and some menu translations.

- **Landstuhl - Trattoria da Salvatore:** Fleischackerloch 1. Phone: 06371 2497.

*Hours:* Open for lunch (M-F 1100-1500) and dinner (M-F 1700-2400). Open 1100-2400 on weekends.

Hailed by one family as “a Godsend when we first arrived and needed early dinners due to jetlagged kids.” Swingset. Kids may order ½ portions.

*Directions:* From A6, exit at 13 (Ramstein-Miesenbach toward Ramstein-Miesenbach/Landstuhl-Ost). Stay to your right at the fork and follow signs for Landstuhl/Ramstein-M.-Am Koehlwäldchen. Turn right on L363. Stay to the right at Saarbrücker Straße. Turn right at L395 (Saarbrücker Straße). Turn left onto Fleischackerloch, near the ‘Tennis Anlage’. (Sources: Google Maps and the Trattoria)

- **Niedermohr - Il Pirata and Hotel St. Paulushof:** Kirchmohr 2. Phone: 06383 458. Online at [www.sanktpaulushof.de](http://www.sanktpaulushof.de). Email: [info@sanktpaulushof.de](mailto:info@sanktpaulushof.de).

Ristorante Pizzeria. “This restaurant is an awesome Italian dining experience. Great for small or large parties. The hotel is also used by TDYers to Ramstein AB [also as a TLF for newcomers] and quite a few Air Force parties have been held there. A must!!!”

*Directions:* Online at [www.sanktpaulushof.de](http://www.sanktpaulushof.de). Click on "Anfahrt" and directions will be provided by "Web.de Routenplaner".

- **Ramstein-Miesenbach - Trulli Ristorante-Pizzeria:** Am Stutzenwakd 2. Phone: 06371 952269.

“Wonderful Italian restaurant in Ramstein. Next to SBK in Ramstein village!”

- **Reichenbach-Steegen - Brennerei Mischler & Raudonat:** Albersbacherstrasse 38a. Phone: 06385 5906. Online at [www.mischler-raudonat.de](http://www.mischler-raudonat.de). Email: [brennerei-MR@t-online.de](mailto:brennerei-MR@t-online.de).

Fruit-Distillery and Restaurant. “This is a special place to go and a ‘Not Miss’ while living near Ramstein AB. The brennerei is an active German fruit distillery. They produce many varieties of premium Schnapps and premium liquors. Their restaurant serves wonderful authentic German food on buffet. It is available by reservation only for minimum of 10 people unless you are reserving space for one of the specialty dinner nights. They can organize Schnapps-Probes, birthday parties, any-event parties and will cater for special occasions. The facility can serve up to 60 people. I have been to many events here for 3AF, ROSC and they can also be found at the bazaars throughout the year. Make sure you have a designated driver for your group - lots of fun but be safe!”  
*Directions:* Online at [www.mischler-raudonat.de](http://www.mischler-raudonat.de).

- **Steinwenden - Hotel/Restaurant Raisch:** Moorstrasse 40. Phone: 06371 59060.

“The “Gourmet Menu” ... is an excellent value for a delicious meal.”

*Directions:* Map online at [www.hotelraisch.com/content/english/body.shtml#karte](http://www.hotelraisch.com/content/english/body.shtml#karte).

- **Thallichtenberg - Burgrestaurant auf der Burg Lichtenberg:** Phone: 06381 2633.

*Directions:* Map online at [www.burglichtenberg.de/en/index.htm](http://www.burglichtenberg.de/en/index.htm).

## FESTIVALS

- **Christmas markets:** Check the KA, the *Kabel, Stars and Stripes* and the following websites for locations, dates and times:

- [www.howtogermy.com/pages/winter.html](http://www.howtogermy.com/pages/winter.html);
- [http://www.germany-tourism.de/ENG/culture\\_and\\_events/christmas\\_markets.htm](http://www.germany-tourism.de/ENG/culture_and_events/christmas_markets.htm); and
- [www.germany-christmas-market.org.uk/index1.htm](http://www.germany-christmas-market.org.uk/index1.htm).



- **Bad Dürkheim Wine/Sausage Fest:** “Our favorite day trip so far is when we took the train to the Bad Dürkheim Wine/Sausage Fest. It was a great time...but the key with going with children is to go when the fest first opens and to avoid going on a Sunday to avoid the crowds. We took a 10am train, and got there right when it opened, so it was not

so crowded. We were able to walk around with ease with our stroller, and find a table to eat, as well as let the kids enjoy riding the rides. We left by 5pm before the crowd starts to really build up. This is a total different experience from someone else I spoke with who went in the evening with her four children, and basically left pretty quickly because they could barely move without fear of losing one of her children in the crowd!”

- **Festival tip:** “If you go to a local fest, you will have to pay a deposit for a glass or plate. When you return the item, you get the money back. The deposit can range from 1 to 5 euros. You do have the option to keep the item. They make great souvenirs!”

## SHOPPING

“[Don’t] be afraid to shop on the economy,” one spouse advises. “Many may feel intimidated by the language factor or the euro being so strong. However, you will be amazed at the great deals you can get shopping on the economy, and [many shopkeepers] speak English very well.”

Here are our recommendations, by category:

### FARMERS’ MARKETS

- **Kaiserslautern:** Stiftsplatz.  
*Days of operation:* Tuesdays and Saturdays.

After shopping, enjoy a café at a “good coffee shop at end of market” that is “kid friendly.”

*Directions:* Kaiserslautern map online at [www.finditguide.de/maps.php](http://www.finditguide.de/maps.php).

- **Kusel:**  
*Hours and days of operation:*  
Tuesday – Saturday.

“Nice fruit and vegetable stand with regional produce.”

*Directions:* Take A62 toward Trier. Exit at Kusel. Take a right at the end of the exit ramp. Follow road to Kusel. At first traffic circle, take your first right turn out of the circle. At second traffic circle, take your second right out of the circle. Farmers’ stand (in white tent) is located immediately to your right.





## FLEA MARKETS

- **Advertisements:** The *Kabel*, the *KA*, Thursday's *Stars and Stripes* and the website [www.flohmarkt1.info](http://www.flohmarkt1.info) (in German) all list regional flea markets. For an idea of what you can find, a visitor to Homburg's flea market visited "an amazing flea market on the first Saturday of the month. Items for sale ranged from garage sale things to great antiques. New items can be found as well (baskets, crafts, toys)."
- **Base flea markets:** Buy or sell items at monthly flea markets at the Ramstein Community Center, Vogelweh Community Center or at Rhine Ordnance Barracks (ROB).

## FURNITURE

- **European Country Living:** Adolph-Kolping-Platz 9-11, Landstuhl. Phone: 06371 610848.

"Classic European-style items."

*Directions:* From Ramstein AB, go out the West Gate, go straight through the traffic circle, and follow the signs for Landstuhl. Take the road to a "T" intersection. Take a left there onto Kaiserstrasse. Follow Kaiserstrasse to the light; stay right. Follow Ludwigstrasse to Hauptstrasse; take a left on Hauptstrasse. The shop will be on your left. Parking in front.

- **Freddy's Antiques:** Hauptstrasse 94b, Hutschenhausen. Phone: 06372 803225.

"Only 4 miles from Ramstein AB. Great antique dealer and quite well known by the military community. Wonderful variety and can buy with money down and credit plan. Don't forget to have your cappuccino or espresso before you leave. They will usually offer you one!"

- **IKEA:** Frankenthaler 123, Mannheim. Phone: 0180 535 3435. Online at [www.ikea.com](http://www.ikea.com).

*Directions:* Take A6 toward Mannheim/Kaiserslautern. Take Exit 24 (Mannheim-Sandhofen toward Lampertheim). Turn left at B44 (Frankenthaler Straße).

- **Möbel Fundgrube:** Deisstrasse 7-9, Kaiserslautern. Phone: 0631 350 200.

"Furniture here is similar to IKEA. Great place to find reasonable 'put-it-together' kind of furniture without having to drive almost an hour to IKEA. I have also heard that they have similar items to the popular store Möbel Martin, but for less."

*Directions:* Map online at [www.moebel-fundgrube.de/kaisersl.html](http://www.moebel-fundgrube.de/kaisersl.html).

- **Möbel Martin:** Europaallee 21, Kaiserslautern. Phone: 0631 8924 0.

*Directions:* Map online at [www.moebel-martin.de/](http://www.moebel-martin.de/).

## FOOD AND HOUSEWARES

- **Cora:** Multiple locations in France. (Bring your international driver's license!)

"Great selection of wine, cheese, and seafood, as well as housewares, clothes - you name it! Some have referred to it as the French Wal-Mart, but the food selection is really amazing."

*Directions:* Take A6 toward Saarbrücken. Take the Forbach/Centre Commercial Carrefour de l'Europe Sortie (exit) on the E50 (the German A6 changes to the French A320 at the German/French border) in France.

- **DM:** Multiple locations.

"German drugstore equivalent but with kids' clothes, cleaning supplies, decorations for the home and more."

- **Esbe Market:** Altenglan.

"Large selection of fresh fish and a nice wine shop."

*Directions:* Take A62 toward Trier. Exit at Kusel. Take a right at the end of the exit ramp. Follow road to Kusel. At the first traffic circle (in Kusel) take your second right. Follow B420 to Altenglan. Take a right into the village. Take your first right. Take a left at the Kreissparkasse (bank). Shop is on your left.

- **Korbwarenfabrik Hermann Frank:** Pirmasenser Strasse 70, Dahn.

"Huge discount basket shop." VAT and Visa accepted.

- **Lidl and Aldi:** Multiple locations.

"Like small Wal-Marts with merchandise specials every week."

- **Neukauf, Edeka, Netto and Wasgau:** Multiple locations.

German grocery stores.

- **Praktiker, Toom and Hornbach:** Multiple locations.

“Home-Depot type, with Hornbach having the more basic construction supplies.

- **Pronto:** Mainzerstrasse 28, Kaiserslautern. Phone: 0631 340 44 43. Euros only.

“An inexpensive Italian import store. Wine, fresh and dry pastas, cheese, meat, sauces and more.”

- **Real, Domäne, Hela, Globus and SBK:** Multiple locations.

All “like Wal-Mart.”

- **Saturn and Media Markt:** Multiple locations.

“Great housewares electronics like toasters, coffee makers, vacuums etc.”

- **Villeroy & Boch Outlet:** Freiherr-vom-Stein-Strasse 4, Mettlach. Phone: 06864 2031.

*Directions:* Take A6 toward Saarbrücken. Take Exit 8 (Kreuz Neunkirchen to merge onto A8 toward Luxembourg/Trier/A1/Saarlouis/Neunkirchen). Then take Exit 9 (Dreieck Saarlouis) to merge onto A8/E29 toward Luxembourg/Merzig/Dillingen-Mitte. Next, take Exit 5 (Merzig-Schwemlingen) to B51 toward Schwemlingen/Trier/Mettlach/Besseringen. Turn right at B51. Take the first exit from the circle onto B51/Bezirksstraße. Stay on B51. At the next circle, take the second exit onto Eichenlaubstraße/L176. Turn left at Freiherr-vom-Stein-Straße. (Source: Google Maps)

- **W. Wust Restaurant Supplies.** Forellenstrasse 8, Kaiserslautern. Phone: 0631 371 670.

Kitchenware and cooking utensils. VAT, Visa accepted.

- **Zofia’s Polish Pottery.** Friedhofstrasse 77, Rodenbach. Phone: 06374 802 334. Online at [www.zofias-polish-pottery.de](http://www.zofias-polish-pottery.de).

*Directions:* Located near Ramstein-Kaiserslautern at Hotel Garni. Map online at [www.zofias-polish-pottery.de/](http://www.zofias-polish-pottery.de/).

## CLOTHING

- **Deichmans:** Multiple locations.

“Similar to Payless Shoe Store, but can find some higher-end brands like Nike.”

- **Englehorn:** Mannheim Centrum

“For sports gear.”

- **H&M:** Multiple locations.

“Great to feel like you’re back in the States.”

- **KiK:** Multiple locations.

“Discount clothing, and some housewares, knick knack, dollar store items.”



## CRAFT SUPPLIES

- **Bastelecke:** Kaiserstrasse 27, Landstuhl. Phone: 06371 649 72.

“Wonderful selection of paper, paints, decorative items, and craft supplies of all kinds.”

- **Heidelberg Arts and Crafts Center:** Building 104, Patton Barracks. Phone: DSN 373-7167 or commercial 06221 17 7167.

“Good-sized” center.

*Directions:* [www.rpqq.eu/wheretoshop](http://www.rpqq.eu/wheretoshop) (the ROSC quilters’ guild website).

- **Ramstein Arts and Crafts Center:** Building 552 (Northside Fitness Center basement), Ramstein. Phone: DSN 480-6534 or commercial 06371 47 6534.

- **SBK, Globus, Dehner, Karstadt, and Hela:** Multiple locations.

“Small craft supply sections” can be found at these German stores. Karstadt “has a fabric and yarn section.”

## MALLS

- **Designer Outlets:** Zweibrücken. Online at [www.doz.com/wwwneu/en/index.html](http://www.doz.com/wwwneu/en/index.html).

- **Oberhausen Center:** Online at [www.centro.de/englisch/index.htm](http://www.centro.de/englisch/index.htm).
- **Rhein-Neckar-Zentrum:** Viernheim (near Mannheim). Online at [www.rhein-neckar-zentrum-viernheim.de/](http://www.rhein-neckar-zentrum-viernheim.de/).
- **Saarpark Center:** Neunkirchen.  
Modern, American-style shopping mall.

## SERVICES

### DRY CLEANING

**Ramstein Air Base dry cleaner:**

“Convenient, friendly and helpful.”

### HAIR SALONS AND SPAS

- **Christine Wolf:** Richard-Wagner-Strasse 31, Kaiserslautern. Phone: 0631 60099.  
English spoken.
- **My Day Spa:** Kaiserstrasse 76, Einsiedlerhof. Phone: 0631 4140880.  
Online at [www.mydayspaki.com](http://www.mydayspaki.com).
- **Ramstein BX Beauty Salon** (Michael). Phone: 06371 42408.
- **Sandy’s Hairstyling Salon:** Leipziger Strasse 150, Kaiserslautern. Phone: 0631 90606. VAT accepted. English spoken.
- **Total Beauty Spa:** Pariserstrasse 357, Kaiserslautern. Phone: 0631 313 8538. Online at <http://www.totalbeautyspa.com/>. VAT accepted. English spoken.
- **Voborsky:** Kusel (about 20 minutes from Ramstein). Phone: 06381 2511.  
English spoken.

### PHOTOGRAPHY

**Simply Taken:** Portraits by Staci Pruitt. Phone: 015 111 55 2001. Online at [www.simplytakenportraits.com](http://www.simplytakenportraits.com).

## NIGHTLIFE

*(By Laylah Gaeta, Third Air Force A-Staff Spouse)*

### BARS AND CLUBS

- **Armstrongs:** Building 1036, Vogelweh.  
“Karaoke on Fridays featuring rock, country, pop, soul, & hip hop.”
- **Blarney Stone Irish Pub:** Hauptstrasse 19, Landstuhl. Phone: 06371 914549.  
“Karaoke, Game nights, Sports TV, and more.”
- **Cafe Extrablatt:** Main Square, Downtown Kaiserslautern.  
“Hot spot for drinks and watching the world go by on the pedestrian zone.”
- **Cool Runnings Bar/Club:** Downtown Kaiserslautern near Walkplatz.  
“Mostly a 20-something crowd.”
- **The Kazabra Club:** Building 2057, Vogelweh.  
“Great country night on Saturdays.”
- **Markthalle:** Markstrasse 9A, Downtown Kaiserslautern.  
“Hip dance club.”
- **Nachtschicht:** Zollamstrasse 28, Kaiserslautern. Phone: 06313105740.  
Dance club.
- **Red Lion English Pub:** Lilienstrasse 7, Landstuhl. Phone: 06371 732948.  
“Great drink specials. American owner. Karaoke, pool, darts.”
- **Thirsty Nelly's:** Downtown Kaiserslautern near Walkplatz.  
“Classic Irish pub.”
- **Treebar:** Kaiserstrasse 8, Landstuhl.  
“Accepts dollars; pool tables.”



- **21:** 21<sup>st</sup> floor of the Rathaus in downtown Kaiserslautern.

“Great views of the city. Good balcony when the weather is nice. Good for drinks and/or food.”

## MOVIE THEATER

**Broadway Kino:** Landstuhl. Phone: 06371 937 037.

## PERFORMING ARTS

- **Kammgarn Kaiserslautern:** Schoenstrasse 10, Kaiserslautern. Online at [www.kammgarn.de](http://www.kammgarn.de).

International concert venues (jazz, rock, blues, pop, indie).

- **Pfalztheater Kaiserslautern:** Willy-Brandt-Platz 4-5, Kaiserslautern. Phone: 0631 3675 209.

Operas, ballets, concerts.

- **Staatstheatre Saarbrücken:** Schillerplatz 1, Saarbrücken. Phone: 0681 3092 0.

Operas, ballets, plays, orchestra.

## DAY TRIPS

- **Bitche medieval village & fortress:** France (just south of Pirmasens). Online at [www.ville-bitche.fr/](http://www.ville-bitche.fr/).
- **Black Forest Open Air Living Museum:** Online at [www.vogtsbauernhof.org/](http://www.vogtsbauernhof.org/).
- **Castles:**
  - “If you want history/culture/etc., **Cochem, Idar-Oberstein**, or any of the Burgs in the local area are neat,” says one spouse. “**Burg Nanstein** in Landstuhl is another that is quite fascinating, as the castle is in part carved into the existing sandstone peak.”



- **Castle & caves in Homburg:** Southwest of Ramstein. Online at [www.homburg.de/](http://www.homburg.de/).
- **Trippstadt castle:** South of Vogelweh. Online at [www.pfaelzerwald-touristik.de/trippstadt/en/tourism/sehenswert/schloss.html](http://www.pfaelzerwald-touristik.de/trippstadt/en/tourism/sehenswert/schloss.html).
- **Idar-Oberstein:**

“Idar-Oberstein has a mine tour that takes you into a mine just like in *Snow White and the Seven Dwarfs*.” (Closed in winter.)
- **Renaissance festivals:**

A “neat experience, as they are often held in castles (in varying states of decay).” Look for listings in the *KA* and the *Kabel*.
- **Saalburg Roman fortress recreation & museum.** Near Frankfurt. Online at [www.saalburgmuseum.de/](http://www.saalburgmuseum.de/).
- **Technik Museums in Speyer & Sinsheim:** Online at [www.technik-museum.de/endex.html](http://www.technik-museum.de/endex.html).
 

“Our two boys (3 and 6) loved the museums, along with their dad. Neither of them wanted to leave. Every type of transportation form you can think of (i.e. a 747, a Concorde, a U-boat). You can print out a fun “Find It” quiz in English on their website.”
- **Theme parks:**
  - Europe's theme parks: [www.infoparks.com/flashan/index.htm](http://www.infoparks.com/flashan/index.htm)
  - Holiday Park
  - Euro Disney (“a LONG day”)
  - Europapark: [www.europa-park.de/lang-en/c51/default.html](http://www.europa-park.de/lang-en/c51/default.html)

## OUTDOOR ACTIVITIES

### OUTDOOR RECREATION

Adventure programs & volunteer opportunities are available at these sites:

- **Baumholder Outdoor Recreation:** Building 8167. Phone: DSN 485-7182 or commercial 06783 67182.

- **Pulaski Barracks Outdoor Recreation:** Building 2905. Phone: DSN 493-4117 or commercial 0631 3406 4117.
- **Ramstein Outdoor Recreation:** Building 2113. Phone: DSN 480-5705 or commercial 06371 475 705.

## VOLKSMARCH EVENTS



### Local Ramstein Roadrunners

**Volksmarching Club:** Online at [www.ava.org/clubs/ramsteinroadrunners](http://www.ava.org/clubs/ramsteinroadrunners).

A walker advises, “Know the distance before you start. Wear comfortable shoes.” Another says, “Start with one like Heidelberg or Ramstein that has a big American presence so you know someone will speak English and help you get set up - or go with someone who’s done it before. Pick a close one to start with, so you don’t drive for hours only to find out you don’t like it. If you take a stroller, make it a jogger or otherwise capable of covering varying terrain.”

**Donald Seltzer’s “Take a Hike” column** in the weekly *Herald Union*, serving the U.S. Army Garrison Hessen, provides a good overview of Volksmarch events in the region. Online at [www.usaghessen.eur.army.mil/hunion/takeahike.htm](http://www.usaghessen.eur.army.mil/hunion/takeahike.htm). Seltzer recommends buying the German schedule *Terminliste 2008* (2 euros), available at most events. Contact Seltzer to receive a Volksmarch schedule by email ([volksmarch@gmail.com](mailto:volksmarch@gmail.com), with “subscribe” in the subject line).

## CANOEING AND KAYAKING

- **Baumholder Outdoor Recreation:** Building 8167. Phone: DSN 485-7182 or commercial 06783-67182.

Baumholder Outdoor Recreation arranges canoe and kayak trips for individuals or groups.

- **Hochseilgarten:** Online at [www.hochseilgarten-team.de/Hochseilgarten/kanuverleih.html](http://www.hochseilgarten-team.de/Hochseilgarten/kanuverleih.html) (German language).

- **Canoe rental in Medard & Meisenheim:** Online at [www.meisenheim.de/kufkanu.htm](http://www.meisenheim.de/kufkanu.htm).
- **Canoe trip from St. Julian:** Online at [www.fun-con-action.de/KanuKajak/Glan.html](http://www.fun-con-action.de/KanuKajak/Glan.html).

## OTHER OUTDOOR ADVENTURES

- **Bad Sobernheim - Barefoot Path:** Online at [www.bad-sobernheim.de/TA\\_Barfluss.htm](http://www.bad-sobernheim.de/TA_Barfluss.htm).
- **Near Hahn airport – Bostalsee:** Online at [www.bostalsee.de/frameset.htm](http://www.bostalsee.de/frameset.htm).

Large lake with beach and playgrounds.

*Directions:* Take A62 towards Trier. After the exit for Hahn airport, follow signs for Bostalsee Felsenmeer.

- **Near Bruchmühlbach-Miesau - Ombachsee:**

Playground with sand and water play.

*Directions:* Take A6 towards Saarbrücken and exit Bruchmühlbach-Miesau. Turn left. Follow the priority road to the left and continue straight out of Miesau towards Schönenberg-Kübelberg. Ignore the camping signpost for Ombachsee on your right. As you enter the village, turn right at signpost for Ombachsee. Go ½ km and park in lot on the right.

- **Erbeskopf:**

“Rodelbahn in the summer, skiing and sledding in winter.”

- **Föckelberg - Potzberg Wildpark:** Online at [www.wildpark.potzberg.de/](http://www.wildpark.potzberg.de/).

“Animal park & bird of prey show (TWO thumbs up!!).”

*Directions:* Map online at [www.wildpark.potzberg.de/](http://www.wildpark.potzberg.de/).

- **Heidelberg – Märchen Paradies (Fairytale Paradise):**

*Hours and days of operation:* Open March - November from 1000-1800.

Children’s garden and playground.

*Directions:* Located near the Schloss at the Königstuhl. Follow signs to Königstuhl.

- **Near Hohenecken - Gelterswoog Lake:**

*Hours and days of operation:* Open 0900-2000; on Monday from 1200.

Camping, swimming, rafts and canoes, large grass area, mini-golf and play area. One family says, “We enjoy taking the kids [here] for the day - it’s a nice little lake for floating on an inflatable raft or swimming.” Go on a Saturday or a U.S. holiday.

*Directions:* From Ramstein, take A6 toward Mannheim. Exit at Kaiserslautern West. Go south on 270 through Hohenecken and watch for the sign on the right.

- **Kaiserslautern:**

- **Gartenschau:** Online at [www.gartenschau-kl.de](http://www.gartenschau-kl.de). Includes Dinosaur Park.

- **Japanese Garden:** Email: [info@japanischergarten.de](mailto:info@japanischergarten.de).

Advertised as one of the largest Japanese gardens in Europe. Located next to the Gartenschau.

- **Kaiserslautern Zoo:** Siegelbach. Online at [www.kaiserslautern.de/tourismus/sehenswert/index.html?lang=en](http://www.kaiserslautern.de/tourismus/sehenswert/index.html?lang=en).

- **Volkspark Donnersbergstrasse:**

Park with duck pond, play area, sand and water play, basketball and ping-pong tables.

- **Karlsruhe - Karlsruhe Zoo:** Online at [www.karlsruhe.de/fb7/zoo](http://www.karlsruhe.de/fb7/zoo).

A “good day trip;” accessible by train.

- **Karltal (Karl's Valley) gorge hike.** South of Vogelweh.

Online at [www.pfaelzerwald-touristik.de/trippstadt/en/tourism/sehenswert/karlstal.html](http://www.pfaelzerwald-touristik.de/trippstadt/en/tourism/sehenswert/karlstal.html).

- **Kindsbach – Kindsbach Park and lake:**

Ice skating in winter, small boats in summer, swimming area and a small restaurant.

*Directions:* From Landstuhl take B40 to Kindsbach. Turn right on Hornchenstrasse, then a quick left, and at the end of the road turn right.



- **Lauterecken - Pedal rail cars:** Online at [www.draisinentour.de](http://www.draisinentour.de).

“Awesome! Go the Lauterecken to Staudernheim route. Great place for a group event.”

- **Mannheim - Luisenpark:** Online at [www.stadtpark-mannheim.de](http://www.stadtpark-mannheim.de).

*Hours and days of operation:* Open June – July from 0900-2100; and August - May from 0900-dusk.

Gondola boats, animals, miniature golf, playground, and water play.

*Directions:* Take B656 to Mannheim and exit at Luisenpark. The exit takes you into the parking lot.

- **Matzenbach - Bee nature trail & honey shop:** Online at [www.bienenlehrpfad.matzenbach.de/home1.htm](http://www.bienenlehrpfad.matzenbach.de/home1.htm).

- **Peterburg (near Bostalsee):** Online at [www.sommerrodelbahn-peterberg.de/](http://www.sommerrodelbahn-peterberg.de/).

Alpine slide & ski/sled rope tow.

- **Ramstein Air Base:** Donnelly Park, Ramstein Family Housing.

Soccer and baseball fields, large playgrounds, and pavilions for rent.

- **Vogelweh - Pulaski Park:**

Large playground, a track, sports fields, and pavilions available for rent through Outdoor Recreation (Call to rent. Phone: DSN 489-7751 or commercial 0631 536 7751).

- **Wachenheim (southeast of Kaiserslautern) - Kurpfalz Park:** Online at [www.kurpfalzpark.de/k\\_frames/park.htm](http://www.kurpfalzpark.de/k_frames/park.htm).

Giant playgrounds, boats, Alpine slide, animals.

- **Walldorf - Walldorf Tierpark:** Online at [www.tierpark-walldorf.com/](http://www.tierpark-walldorf.com/).

*Days of operation:* Open year round.

Free admission. Playground, imbiß, pony rides (Wed. after 1400; Sat. At 1000).

- **Zweibrücken - Rose Gardens:** Online at [www.rosengarten.zweibruecken.de](http://www.rosengarten.zweibruecken.de).

*Days of operation:* Open May – September.



## The Intrepid Traveler

One of the benefits to living in southwestern Germany is its geographical advantage: by car, you're about six hours from Prague, five from Amsterdam and Paris and four from Brussels. Along with convenient train and air options and lodging to suit every budget and taste, you're in a good place to see much of Europe while stationed in Germany. Here's our advice:

### TRANSPORTATION

#### TRAIN TRAVEL

- **Die Bahn:** German train schedules and reservations. Online at [www.bahn.de](http://www.bahn.de)
- **Eurostar:** [www.eurostar.com](http://www.eurostar.com).
- **Rail Europe:** [www.raileurope.com/us/index.htm](http://www.raileurope.com/us/index.htm).



#### TRAVEL BY AIR

- Low-cost airline **Ryan Air** flies out of **Hahn Airport**. Online at [www.hahn-airport.de/default.aspx?cc=en&menu=passengers\\_visitors](http://www.hahn-airport.de/default.aspx?cc=en&menu=passengers_visitors) or [www.ryanair.com/site/EN/](http://www.ryanair.com/site/EN/).
- Look here for other **low-cost European airlines**: [www.euroflights.info/](http://www.euroflights.info/). One traveler advises, however: "Be aware of hidden fees like airport tax, luggage charges, etc."
- **Ramstein Space Available** (Space A) information is available online at [www.ramstein.af.mil/questions/topic.asp?id=562](http://www.ramstein.af.mil/questions/topic.asp?id=562) and by phone at 06371 46 4440.

## LODGING ADVICE

- **Chain hotels in Europe** provide more alternatives. One family reports: “We stayed as a family of 5 in an Ibis in Regensburg that had a family room with a double bed and 2 single beds (we got a crib for our 2 yr old). The room was large and very nice for European standards. My husband called the hotel directly after getting the number from the website and the hotel placed us in that room.” Online at [www.accorhotels.com/gb/home/index.shtml](http://www.accorhotels.com/gb/home/index.shtml).
- “Depending on how many children you have, it can often be a challenge finding accommodations. I have found [www.craigslist.org](http://www.craigslist.org) to be a great alternative of finding something other than a typical hotel.... Instead, you can find people who rent out their apartments in cities such as Amsterdam, Paris, etc.”
- **Hotel Sofitel**: Online at [www.sofitel.com/gb/home/index.shtml](http://www.sofitel.com/gb/home/index.shtml).  
“Use [www.bookings.com](http://www.bookings.com) and get the best deal.”
- “Consider using **military lodging in Europe**. The book *Temporary Military Lodging Around the World*, available for loan at the Ramstein Library and for purchase at the BX, lists options in Europe.”
- “Although reserving one room for 2 adults and 2 children in the United States is common, it is not nearly as prevalent in Germany as well as many countries in Europe. **Novotel hotels** is a popular mid-range, family-friendly European hotel chain that has rooms that accommodate a family of four at nearly all of its locations. Accommodation and buffet breakfast are free for 2 children under age 16 sharing their parents’ or grandparents’ room. Online at [www.novotel.com](http://www.novotel.com).”
- “**Rick Steves** provides very reliable recommendations. His website ([www.ricksteves.com](http://www.ricksteves.com)) hosts a useful message board.”

## TRAVEL TIPS

- One family advises: “Plan for delays (construction, accidents). One summer traveling from Italy through Austria during holiday, we sat for 2 hours to get through one of the tunnels that is several miles long. The air quality in the tunnels is very poor so they have stop lights at the beginning of the tunnels to control the traffic so you don’t get stuck sitting in the tunnels (people were actually playing soccer in the median of the road). [Other advice:] Don’t be surprised if a hotel takes your passport when you first arrive. Ask if the hotel has a place to hold your suitcase if you arrive before check-on or leave

much after check-out; don't leave any valuables. Travel as light as possible. Invest in a good backpack."

- "Be aware that if you have a family of more than 4 people, you'll often have to get two rooms at the hotel. [For rest stops,] take coins for the restroom (and have toilet paper available - we have at least one roll stashed in the car). Keep a dictionary handy to translate signs - make a cheat sheet of common signs if you need to. Dress conservatively (this might vary by country) and don't make a commotion. Keep your important documents (ID, passport, money, etc) on your person - not in a handbag if you can help it, but not in the "usual" pockets - to reduce the risk of theft. Travel with a photo copy of your passport, and give that to any official who requests your passport so you can keep yours in hand. Time your trips to theme parks, etc., on American holidays - you'll avoid the largest crowds."



- "We've had quite a few great trips in the 6+ years we've been overseas. In fact, I cannot think of a bad one. The best trips are well planned with regard to overall schedule, but leave time to relax and/or take side explorations that you didn't know would be available until you reached your destination. It is also fun to have a specific type of souvenir and to seek one out in each country. (We "collect" McDonald's restaurant visits - we've been to McDonald's in 14 different countries and they all have something a little different.) The best trips are made by taking the right attitude - flexibility, determination to enjoy whatever experience you have, willingness to let the kids be a bit crazy, refusal to get upset over a sudden change in plan, etc."
- **Travel with kids:** "I love [this site] for traveling with kids - huge section on Europe but also fun tips for U.S. travel: [www.travelforkids.com](http://www.travelforkids.com)." The book *Paris for Families*, available at the Ramstein Library, also provides good travel tips.

## CULTURAL NOTES

- *Toilets:* "Those looking for the American bathroom need to look/ask for the toilette, WC." In Germany, women visit the "Damen" room, men the "Herren." Some bathrooms in Europe are unisex. Many public toilettes require you to pay a fee (20 – 50 euro cents ... your call) for use or display a tip tray for the cleaning staff.

- *Proper attire:* “If your vacation plans include visits to churches and cathedrals, be aware of your dress. Many churches have strict dress codes (covered shoulders, pants, no opened-toed shoes). Plan according, especially in the summer if you have tank tops and shorts. You can always place a scarf over your shoulders. I saw this most adamantly enforced in Rome.”

## RECOMMENDED TRIPS

### TRIPS AND SIGHTS

- “**Baden-Baden** ([www.baden-baden.de/en/tourism/index.html](http://www.baden-baden.de/en/tourism/index.html)) is a fantastic weekend trip. Less than two hours from the Ramstein area, the city offers two thermal spas (unbelievably relaxing!; childcare available), a casino, gorgeous gardens and nice shopping. The Hotel Beeg ([www.hotel-beeg.de/](http://www.hotel-beeg.de/)), directly across the square from the thermal spas and above a pastry shop/café, was wonderful.”
- “I highly recommend that anyone interested in wines to take a trip to **Beaune, France**, and drive through the Burgundy valley. This is a superb area for learning about wines and the wineries here are the warmest and friendliest of all the wineries we’ve visited in France.”
- “The **Castle Hotel Restaurant Auf Schonburg** ([www.hotel-schoenburg.com/](http://www.hotel-schoenburg.com/)) is an elegant, memorable place to spend a weekend. The rooms, service, food and location are exceptional.”
- “**Garmisch** is great. In summertime, taking the gondolas to the top of whatever mountain and hiking down is also fun. If you make it to Interlaken, Switzerland, take the train to the highest train station in Europe. It’s under a glacier on the Jungfrau. Very cool trip.”
- “Visiting the **Provence** region of France was amazing. Arles, France has a huge outdoor market, art galleries, bull fights in the restored Roman arena, and often dance and classical events.”
- **Rothenburg ob der Tauber** is “great for a long weekend; only 160 miles away.” A visitor reports that “stores are open on Sunday and many take VAT forms.” For lodging, one traveler recommends Gasthof Butz (Kapellenplatz 4, Rothenburg o.d.T. Online: [www.kreiselmeier.de](http://www.kreiselmeier.de). Email: [gasthofbutz@rothenburg.com](mailto:gasthofbutz@rothenburg.com). Phone: 098 612 201), inside the wall. Another likes the Ringhotel Weingut Glocke (Am Plonlein 1, Rothenburg o.d.T. Email: [glocke@ringhotels.de](mailto:glocke@ringhotels.de). Phone: 09861 958 990). For meals, Gasthof Glocke is family friendly. While there, “try the wine sampler and buy your favorites at the wine store next door (don’t pass over the ice wine).” Burgerkeller is also a good choice. And if you have time, check out the Night Watchman Tour: “It’s an hour of facts and fun.”

- “**Salzburg, Austria** – it’s just the right size; a wonderful city to walk; great bus system; all the Mozart concerts are wonderful (we’ve been to at least 6) and don’t let yourself think you don’t like classical music; stay at Haus Gassner-Pirrus ([www.pension-mariagassner.at](http://www.pension-mariagassner.at)) as it is the only place we’ve stayed in all our trips; Maria will take care of everything for you.”
- “**Venice, Italy** – it is hard to describe the feeling you get as you walk around. You have to go. It can be expensive to stay there. If you happen to be at Aviano, it’s an inexpensive ticket from Pordenone to Venezia Santa Lucia.”



### SKIING AND HIKING

- “Skiing (in winter) and hiking (in summer) in **Mürren, Switzerland**. Offers beautiful views of the Alps as well as the beautiful Lauterbrunnen Valley. There are many miles of hiking and skiing trails, as well as a local train system offering transportation between the local towns.”
- **Tyrolian Tours**: Online at [www.tyroliantours.com/](http://www.tyroliantours.com/).

### CAUTIONS AND COUNTRY INFORMATION

- CIA – The World Factbook: <https://www.cia.gov/library/publications/the-world-factbook/index.html>
- Country profiles (history, politics, and cultural synopses) from Freedom House: [www.freedomhouse.org/template.cfm?page=21&year=2007](http://www.freedomhouse.org/template.cfm?page=21&year=2007)
- Travel alerts from the U.S. Department of State: [www.travel.state.gov](http://www.travel.state.gov)
- U.S. Embassy news from Berlin: <http://germany.usembassy.gov/>

## References

### PERIODICALS

#### *The Find-It Guide.*

“Your directory to the Military Communities of Kaiserslautern, Ramstein, Landstuhl, Heidelberg, Mannheim, Baumholder, Spangdahlem and Wiesbaden.” Online at [www.finditguide.de](http://www.finditguide.de). This free English-language directory, published by AvantiPro GmbH, is available at the following locations: the Vogelweh and Ramstein Commissaries; the Airman & Family Readiness Center at Ramstein; USAFE Orderly Room; 435<sup>th</sup> Services; Personnel Employment Ramstein; the KA office in Einsiedlerhof (next to the House of Clocks); KMC Lodging; Ramstein Community Center; and at all USO offices. (Sources: the KA and the *Find-It Guide*)

#### *Getting Around the Gateway to Europe: A Guide to Installations and Services in the Kaiserslautern Military Community.*

Online at [www.gettingaround.net](http://www.gettingaround.net).

#### *Getting Around USAFE: A Guide to Installations and Services.*

Online at [www.gettingaround.net](http://www.gettingaround.net).

#### *Herald Post.*

Newspaper serving the military communities of U.S. Army Garrison Heidelberg. Available at the Vogelweh Commissary, among other locations.

#### *Herald Union.*

Newspaper serving the military communities of U.S. Army Garrison Hessen. Includes a Volksmarch column as well as community, services and travel news. Online at [www.usaghessen.eur.army.mil/hunion/hunionupdates.htm](http://www.usaghessen.eur.army.mil/hunion/hunionupdates.htm). Available at Baumholder, among other locations.



### *Kaiserslautern American.*

Newspaper serving the KMC. Online at [www.kaiserslauternamerican.com](http://www.kaiserslauternamerican.com). Available every Friday.

### *Kaiserslautern Kabel: Magazine for the Greater Kaiserslautern Community.*

Published monthly by the USO, the magazine lists upcoming tours, local clubs/organizations, community schedules for junking, flea markets and festivals. Online at [www.uso.org/kaiserslautern/](http://www.uso.org/kaiserslautern/).

### *Spotlights.*

A 435<sup>th</sup> Services publication. Online at [www.435thservices.com](http://www.435thservices.com).

### *Stars and Stripes.*

Daily newspaper serving the overseas military community. Access stories and subscribe at [www.stripes.com](http://www.stripes.com).

One family notes: "If [you] are a reader of the *Stars and Stripes*, call and see if they deliver in your area. It's a bargain at \$1 a week (one paper is 50 cents). They say delivery is by 9am depending where you live. We get our paper by 6:00 each morning (we are off base)."

The newspaper also publishes travel articles and updates, flea market listings, tour information, outdoor recreation events, Volksmarch schedules, upcoming festivals and events and more.

### *Wochenblatt.*

Free German newspaper. Published weekly. Delivered to homes in the region.

## **BOOKS AND BROCHURES**

*ASK (Abfallwirtschafts- und Stadtreinigungs-Eigenbetrieb Kaiserslautern): Waste Separation Sorted!*

Pamphlet (in English) on garbage disposal. Available at the German-American Association Office in Kaiserslautern. Free.

Baedeker Guides.

Crawford, William, and Crawford, L. Ann, and Crawford, R.J. (2005) *Temporary Military Lodging Around the World*. Falls Church, Va.: Military Living Publications.

DK Publishing's *Eyewitness Travel Guides*, maps, and guidebooks.

Lain, Larry. (2004). *Paris for Families*. Northampton, Mass.: Interlink Books.

Great resource for those traveling with children.

Michelin's Green Guides.

*Müll Tips*.

Free booklet on sorting garbage. Available at the German-American Association Office in Kaiserslautern.

*Never a Dull Moment*. (2005). American Women's Activities, Germany.

Spiral-bound book with a compilation of information on living and traveling in Germany. Published by the American Women's Activities, Germany, this book divides Germany by state and explores a selection of villages and cities in each region. Recommended hotels, restaurants, sights, shops and cultural stops/events are listed under each entry. Directions and websites are provided. Nearly 40 additional pages provide information on U.S. Embassies, USOs by country and military lodging facilities in Europe. *Never a Dull Moment* may be found in the travel section of the Ramstein BX bookstore. Contact the AWAG at [www.awag.us/book.htm](http://www.awag.us/book.htm) with questions or to locate a copy.

*The Palatinate: Travel Guide*.

A free resource useful in planning day trips. Available at the German-American Association Office in Kaiserslautern.

Steves, Rick.

A favorite travel author. Information, updates on European travel, and a message board at [www.ricksteves.com](http://www.ricksteves.com).

*TRICARE Europe: Your Passport to Quality Health. Prime Health Care Passport.* (Spring 2007).

Available at any TRICARE service center. Good travel information and space to record your own key contact numbers.

## **ELECTRONIC MEDIA**

[www.afcrossroads.com](http://www.afcrossroads.com)

Offers an online spouse network, data on military installations worldwide, an online flea market, education information, information on GI Mail, links to job listings, and tips on deployments and moves.

[www.armygermany.com](http://www.armygermany.com)

Army MWR guide to services, sports, entertainment and travel in Europe.

[www.armymwr.com](http://www.armymwr.com)

Click on “Travel” for Army Lodging and Armed Forces Recreation Centers.

[www.babelfish.altavista.com](http://www.babelfish.altavista.com)

“Great link for German to English translation or vice versa.”

[www.germanyinfosite.com](http://www.germanyinfosite.com)

“Probably the best site available for military families moving to Germany.”

[www.germany-tourism.co.uk/index\\_EGB.htm](http://www.germany-tourism.co.uk/index_EGB.htm)

Information from the German National Tourist Office, London.

[www.groups.yahoo.com/group/Ramstein\\_AB\\_wives](http://www.groups.yahoo.com/group/Ramstein_AB_wives)

[www.howtogermy.com](http://www.howtogermy.com)

“Everything you need to know about living and working in Germany as a foreigner.”

[www.kais-dso.eu.dodea.edu/Transportation/Rams\\_Land\\_busses.htm](http://www.kais-dso.eu.dodea.edu/Transportation/Rams_Land_busses.htm)

Kaiserslautern School District bus map online.

*Kaiserslautern Military Community (KMC) Welcome Guide* CD.

Official welcome guide for military members moving to the KMC.

[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

[www.militaryonesource.com](http://www.militaryonesource.com)

[www.mwrgermany.com/KL/kaiserslautern.htm](http://www.mwrgermany.com/KL/kaiserslautern.htm)

Kaiserslautern MWR's site includes information on child & youth services, clubs & pubs, Kids' Zone, libraries, outdoor recreation, sports & fitness and more.

[ows.public.sembach.af.mil/](http://ows.public.sembach.af.mil/)

Use the pull-down menu to scroll to "Ramstein/KMC" to get local weather updates from the 21st Operational Weather Squadron.

[www.usafelibraries.org](http://www.usafelibraries.org)

USAFE Library's website with access to programs, the online catalog, book reservation, and Rosetta Stone.

## ORGANIZATIONS

German-American Community Office. Lauterstrasse 2, Kaiserslautern. Phone: 0631 363 3010/3015/3016. Online at [www.gaco-kl.de](http://www.gaco-kl.de).

The office serves "as an international drop-in point catering to both German and American citizens." Bilingual assistants provide support and information to Americans living and working abroad. Pick up free flyers and pamphlets on travel, art, culture, sports, clubs, driving, garbage requirements, and more. (Source: [www.gaco-kl.de](http://www.gaco-kl.de))

# Appendices

## SPIRITUAL SERVICES

The *Kaiserslautern American* (print edition) lists chapel services.

The *Find-It Guide* also lists Chapels/Chaplains and Churches. Contact information and locations are listed online at [www.finditguide.de](http://www.finditguide.de).

Youth programs are offered by regional military chapels. Please call to confirm events, dates, and times.

## MEDICAL AND DENTAL INFORMATION

### KEY MEDICAL AND DENTAL NUMBERS

#### **Ambulance Dispatch Emergency: 112**

DSN Prefix Decoder:

479 (commercial: 06371 46 xxxx)

480 (commercial: 06371 47 xxxx)

486 (commercial: 06371 86 xxxx)

489 (commercial: 0631 536 xxxx)

496 (commercial: 06302 67 xxxx)

To make an appointment, call the CARE LINE at DSN 479-2273 or commercial 06371 46 2273. Refill prescriptions by phone at DSN 479-2543 or commercial 06371 46 2543.

Ambulance Dispatch Area: DSN 479-2600

Communicable Disease/Epidemiology: DSN 479-2525

Dental clinic – Ramstein: DSN 479-2210

Dental clinic – Sembach: DSN 496-7676

Developmental Pediatrician: DSN 486-8000

Early Development Intervention Services: commercial 06315 36 7864 (Pulaski)

Family Advocacy: DSN 479-2370

Family Practice Team 1: DSN 479-2520

Family Practice Team 2/3: DSN 479-2661

Flight Medicine: DSN 479-2250

Force Health Management (PHA): DSN 479-2269  
Health and Wellness Center (HAWC): DSN 480-4292/2160  
Health Care Information Line: 00800 4759 2330  
Immunizations: DSN 479-2530  
Laboratory (Dental): DSN 479-2150  
Landstuhl Admissions: DSN 486-7155  
Landstuhl Appointment Line: DSN 486-5762  
Landstuhl Emergency Room: DSN 486-8160/8415/8414  
Landstuhl Information: DSN 486-7184  
Landstuhl MRI: DSN 486-8644  
Life Skills (Mental Health): DSN 479-2390  
New Parent Support Program (Kapaun AS): DSN 489-7868  
OB/GYN: DSN 479-2644/2660  
Optometry: DSN 479-2350  
Outpatient Records/Clinical Information: DSN 479-2550  
Patient Administration: DSN 479-2555  
Pediatrics: DSN 479-2551  
Pediatric Behavioral Medicine (Kapaun AS): DSN 489-6745  
Personal Health Advisor (Nurse Advice Line): 0800 825 1600  
Pharmacy: DSN 479-2540  
Physical Exams: DSN 479-2260  
Physical Therapy: DSN 479-2566  
Poison Control: 06371 86 7070  
Public Health: DSN 479-2234  
Radiology: DSN 479-2575  
Substance Abuse: DSN 479-2390  
TRICARE Enrollments: DSN 479-2557  
TRICARE Service Center (Referrals): DSN 479-2616

### **MORE INFORMATION**

**Pediatric clinic:** Available Saturdays at Landstuhl. Open from 0800-1200. Phone: 06371 86 5762.

**Make appointments online at [www.tricare.mil](http://www.tricare.mil).** Select Tricareonline.com. Call 0800 101 1129 (in Germany) with questions.

**Set up dental care for family members of active-duty members and Reservists at [www.tricaredentalprogram.com](http://www.tricaredentalprogram.com).** You may also contact the TRICARE Europe Dental Program Coordinator by phone at commercial 06302 67 6358 or by email at [TDP@europe.tricare.osd.mil](mailto:TDP@europe.tricare.osd.mil).

**Travel with TRICARE Europe:** Please visit TRICARE Enrollments for details on program requirements (Ramstein Air Base, Building 2114. Phone: 06371 46 2557). Stop by the office for the latest rules regarding medical and dental care for family members while traveling.

Here are a few tips:

- TRICARE reps recommend that you carry your TRICARE Europe card with you at all times. Civilian facilities may bill TRICARE directly using the billing address on the back of the card.
- The *TRICARE Prime Health Care Passport* lists key TRICARE numbers, offers a program overview, and provides details on filing claims for services rendered off base.
- Active-duty members will want to travel with the International SOS Number (Phone: 0044 20 8762 8133; you may make a collect call to this number). Travel assistance, payment of services and other assistance will be provided to active-duty members needing emergency medical care.

## UNIVERSITIES AND SCHOLARSHIP OPPORTUNITIES

Contact the Ramstein Education Center for information on university programs and scholarships. (Building 2120, Room 421. Phone: DSN: 480-2032 or commercial 06371 47 2032)

The Center provides information and applications for Ramstein University Programs, STAP (Spouse Tuition Assistance Program) and the Spouses to Teachers program (online at [www.spousestoteachers.com](http://www.spousestoteachers.com)).

For military spouses who would like to student teach while overseas, the Department of Defense Dependents Schools (DoDDS) website (at [www.eu.dodea.edu](http://www.eu.dodea.edu)) lists universities that maintain existing agreements with Department of Defense (DOD) schools.

## FITNESS INFORMATION

### ON BASE

- The **Landstuhl Gym and Fitness Center** may be reached by phone at 06371 86 7172.



- The **Landstuhl Gym and Fitness Center** offers a Stroller Blast Class (9:30-10:30 a.m., Mondays and Wednesdays), cardio classes, kickboxing, step aerobics and massage. Call 06371 86 7172 for the latest information.
- **Landstuhl Central Enrollment:** Call for youth activities available on Landstuhl, to include sports and dance. You must register your child at Pulaski Barracks next to Vogelweh. Phone: 0631 3406 4516.
- The **Ramstein Northside Fitness Center** (Building 552) may be reached by phone at DSN 480-8085/7661 or commercial 06371 47 8085/7661.
- **Northside Fitness Center Mom and Kids fitness area:** The Fitness Center offers a Parent Child Area (for children up to age 6). The Sembach Fitness Center also reserves exercise space for families. A mom who visits the Ramstein area reports:

“Because I have a child who is not school age yet, and it is imperative that I get my work out in, we usually go to the Northside gym, where children are welcome. The room has a few treadmills, stationary bikes, stair steppers and free weights. There is a divider there, like the one you would see at any daycare center that separates the children from the equipment. This area sits in front of the workout equipment, so you can monitor your child while you workout. The children’s area has an entertainment center with a television, a DVD player, and a selection of children DVD’s. There is also a kiddy table within the partition. Each child is encouraged to bring their own toys for play time.”

- The **Ramstein Southside Fitness Center** (Building 2117) may be reached by phone at DSN 480-0294/0295 or commercial 06371 47 0294/0295.
- The **Sembach Fitness Center** (Building 105) may be reached by phone at DSN 496-7530 or commercial 06302 67 7530.
- The **Vogelweh Fitness Center** (Building 2050) may be reached by phone at DSN 489-7329 or commercial 0631 536 7329.

### **MORE INFORMATION**

**Info on Intramural and Varsity sports and fitness class schedules** may be found online at [www.eteamz.active.com/ramsteinsports/index.cfm](http://www.eteamz.active.com/ramsteinsports/index.cfm). *Spotlights* (a 435th Services magazine published monthly) and the *KA* also deliver updates on fitness classes.

**Yoga and fitness classes for moms and kids:** Contact the Ramstein Youth Center (06371 47 6444) and the Vogelweh Community Center (0631 536 7626) for the latest information on classes like Core Conditioning for New Moms (6-week-old babies to 3-month-old babies); Mommy and Me Fit and Yoga (2- to 4-year-olds); Sunshine Class (6- to 12-year old children with special needs); Yoga Fitness (8- to 12-year-olds) and Teen Core Conditioning (12- to 18-year-olds). You may also contact instructor Renee Champagne (an AF military spouse and mom) at [renesail@hotmail.com](mailto:renesail@hotmail.com) for more information.

**Youth football:** The Baumholder Youth Center offers tackle football for middle-school children.

### **OFF BASE**

**Fairytale Dance Studio:** Flurstrasse 4F, Ramstein. Phone: 06371 598 455 or 06371 917725. Offers ballet, tap, jazz, and hip hop.

**Jazzercise:** An American-run fitness program with child care. Online at [www.jazzerlove.com](http://www.jazzerlove.com).

**Stroller Blast:** Fitness program for moms and their babies in stroller at the Landstuhl Fitness Center. Mondays and Wednesdays from 0930-1030. Cost: \$4.00 per class or \$30.00 for 10 classes.

## **KIDS' PROGRAMS AND ACTIVITIES**

*(By Laylah Gaeta, Third Air Force A-Staff Spouse)*

Sign up kids quickly for schools, programs, and activities: "Classes fill up fast!"

### **PLAYGROUPS AND ACTIVITIES IN THE KMC BY DATE**

#### **MONDAY**

(2<sup>nd</sup> and 4<sup>th</sup>) **Mothers of Preschoolers (MOPS)** meeting. Pulaski Chapel. Contact Jennifer Hammon or Laura Henderson. Email: [kmcmops@yahoo.com](mailto:kmcmops@yahoo.com). Hours: 0915-1115.

**Family Fun Night (3- to 9-year-old children).** Ramstein Community Center, Building 412. Phone: DSN 480-6600 or commercial 06371 47 6600. Hours: 1730-1930.

## **TUESDAY**

**Miesau Library Storytime for Toddlers.** Phone: 06372 842 3755. Hours: 0900-0930.

**Sembach Playgroup.** Building 66. Contact Jennifer Brockel. Phone: 06303 808972. Email: [jennifer\\_puryear@hotmail.com](mailto:jennifer_puryear@hotmail.com). Hours: 1000-1130.

**Ramstein Playgroup.** Bldg 848, Recreation Room. Hours: 1000 – 1200.

**HUGS Playgroup (0-3).** Landstuhl, Building 3701. Please contact Jeanne Jahosky. Phone: DSN 489-7114 or commercial 0631 536 7114. Hours: 1030-1200.

## **WEDNESDAY**

(1<sup>st</sup> and 3<sup>rd</sup>) **Mom2Mom Playgroup** (for current or past breastfeeding mothers). Ramstein Northside Chapel. Hours: 0930-1100.

(2<sup>rd</sup>) **Mom2Mom** meeting. Playgroup Brunch at the Golf Course. Contact program coordinators Melissa Cho (06301-718337) or Marsha Vyverberg (06371-598986). Email: [help@kcmcmom2mom.org](mailto:help@kcmcmom2mom.org). Hours: 0930-1100.

(1<sup>st</sup> and 3<sup>rd</sup>) **Kids' and Moms' Christian Fellowship.** Ramstein Southside Chapel. Please contact Maureen. Phone: 0162 689 9103. Hours: 0945 – 1130.

**Miesau Library Storytime for preschoolers.** Phone: 06372 8423755. Hours: 0900-0930.

**Preschool storytime at Landstuhl Library with crafts.** Hours: 1000-1100.

**Chicks with Lil Peeps (0-5) playgroup.** Ramstein Youth Center, Building 428. Please contact Jada Privitt (Email: [infinity.26@hotmail.com](mailto:infinity.26@hotmail.com)) or Laurelle Dicks (Email: [dlticks@googlemail.com](mailto:dlticks@googlemail.com)). Hours: 1000-1100.

## **THURSDAY**

**Protestant Women of the Chapel Bible study and playgroup.** Ramstein Southside Chapel. Hours: 0830.

**Vogelweh Library Storytime.** Phone: DSN 489-7665 or commercial 0631 536 7665. Hours: 0915-1000.

**Kleber Library Toddler Story Time.** Phone: 0631 411 7740. Hours: Starts at 1015.



(2<sup>nd</sup>) **Miesau Boots for Books**  
**Storytime for preschoolers.** Ph: 06372  
 842 3755. Hours: 1530.

**Ramstein Library Storytime with**  
**crafts.** Phone: DSN 480-6667 or  
 commercial 06371 47 6667. Hours:  
 1000.

**Sembach Library Storytime.** Phone:  
 DSN 496-7895. Hours: 1100.

**HUGS playgroup at Kids' Zone.** Pulaski Barracks. Hours: 1000 – 1330.

**Ramstein Group.** Recreation Room, Building 848. Hours: 1000-1200.

### FRIDAY

(2<sup>nd</sup> and 4<sup>th</sup>) **Mom's and Little Catholics Pray and Play Group.** Ramstein North Chapel  
 Conference Room. Please contact Leslie Katze. Phone: 06386 404 992. Hours: 0900-1115.

**Kleber Library Preschool Story Time.** Hours: Starts at 0930.

## **OTHER YOUTH PROGRAMS IN THE KMC**

- **Ramstein:**
  - **Ramstein Teen Center.** Building 411, Ramstein. Phone: DSN 480-3099 or commercial 06371 47 3099.
  - **Ramstein Youth Programs and After-School Clubs.** Building 428. Phone: DSN 480-3157 or commercial 06371 47 3157.
  - **Ramstein Youth Sports Office.** Building 428, Ramstein. Phone: DSN 480-5660 or commercial 06371 47 5660.
- **Sembach Youth Programs Main Office.** Building 66, Sembach. Phone: DSN 496-7687 or commercial 06302 67 7687.
- **Vogelweh:**
  - **Vogelweh Community Center:** Please call for information on classes not found on the 435<sup>th</sup> Services website (such as Mom and Tot music classes). Phone: DSN 489-7626 or commercial 0631 536 7626.
  - **Vogelweh Teen Program.** Building 2059, Vogelweh. Phone: DSN 489-6155 or commercial 0631 536 6155.

- **Vogelweh Youth Programs.** Building 1057. Phone: DSN 489-7806 or commercial 0631 536 7806.
- **U.S. Army Garrison Kaiserslautern Child and Youth Services.** Building 2898, Pulaski Barracks. Phone: DSN 493-4516 or commercial 0631 3406 4516.

### **MORE INFORMATION**

**435<sup>th</sup> Youth Programs:** Ramstein and Vogelweh Services offer sports, art, music, dance and language programs for kids. Waiting lists for classes are common.

For teens, the Ramstein Youth Center provides a pool table, Xboxes, Internet access, free drum lessons and free tutoring in various subjects. Volunteer opportunities on base may also be coordinated through the Center. Please call DSN 480-6444 or commercial 06371 47 6444 for more information or visit the Services website at [www.435thservices.com](http://www.435thservices.com).

## **INDOOR YOUTH ACTIVITIES**

### **ON BASE**

**Kid's Zone:** Pulaski Barracks (Vogelweh), Building 2895. Phone: 0631 536 8304 or 0631 350 2514.

*Hours and days of operation:* Wednesday-Saturday, 1130-1900; Sunday 1130-1830.

“The Kid's Zone is similar to Chucky Cheese. They also do birthday parties.”

**Skate Express:** Bldg 2053, Vogelweh. Phone: 0631 536 7666.

Indoor skating rink.

### **OFF BASE**

**Indoor Go-Karts:** Phone: 06301 300250. Online at [www.go-indoorkart.de/cms/](http://www.go-indoorkart.de/cms/).

*Directions:* Follow priority road through Erfenbach. You will see signs.

**Kinder Spiel:** Am Messeplatz, Fischerstrasse 80, Kaiserslautern. Phone: 0631 34 100 900. Online at [www.kinderspielundspassfabrik.de](http://www.kinderspielundspassfabrik.de). Email: [kinderspielundspassfabrik@t-online.de](mailto:kinderspielundspassfabrik@t-online.de).

*Admission:* 2 euros for adults, 6.50 euros per child, 5 euros per child on Wednesdays.

“Children's indoor playground with jumping [bouncy] castles, ball pits, blow up bouncers, indoor playground equipment, trampolines, tunnels, food, toys.... Good for all ages.

## SWIMMING POOLS

**Azur Hallenbad Swimming Pool:** Schernauer Strasse 50, Ramstein Village. Phone: 06371 71500.

*Hours and days of operation:* Monday 1000-2100, Tuesday-Friday 0900-2100, Saturday-Sunday 0900-2000. Closed Monday mornings in autumn, winter and spring.

**Calypso Pool Complex:** Deutschmühlental 7, Saarbrücken. Online at [www.erlebnisbad-calypso.de](http://www.erlebnisbad-calypso.de).

Salt water pool, fresh water pool, indoor/outdoor baby pool, current pool and slides.

**Monte Mare Pool:** Mailaender Strasse 6, Kaiserslautern. Ph: 0631 3038 0. Online at [www.monte-mare.de](http://www.monte-mare.de).

Two big waterslides, a wave pool, lazy river, baby pool, lots of fountains/waterfalls, outside pool area, hot tub and Olympic-sized pool.

### **Trippstadt:**

Open-air heated pool. Large toddler paddling pool, swimmer-only pool and children's pool with slide.

*Directions:* Take 270 toward Pirmasens. Exit 270 to the left at sign toward Trippstadt, about 10 minutes from Vogelweh. Follow directions to Trippstadt, then to Warmfreibad.

## AIRMAN AND FAMILY READINESS CENTER (A&FRC)

The **A&FRC** provides resources and support for Airmen and their families, such as:

- A “buffet-line” of information along the first-floor hallway leading to the A&FRC offices (Building 2120, across from the Ramstein Bowling Alley) including flyers on job fairs, a KMC School Zone Information brochure, Annual Credit Report Request Form, and much more.
- PCS tips and information (such as Childcare for PCS).
- Home buying services.
- Orientation programs.
- Introduction to the Air Force for new spouses (Heart Link).
- Federal Job Application Process details.
- Employment assistance.
- Support for deployed Airmen and their families (such as Car Care Because We Care; Smiles Across the Miles; and special events).
- A Family Resource Center with loaner items, a coupon corner and Web access.

The Center's Air Force Aid Society officer also offers information on and access to such programs as Emergency Loans, Car Care, "Give Parents a Break," Child Care for Volunteers, Bundles for Babies, Nursing Mom's Program, the Spouse Tuition Assistance Program (STAP) and the HAP Arnold Scholarship program. Phone: DSN 480-5100 or commercial 06371 47 5100.

The A&FRC also hosts Military & Family Life Consultants who are "available to help service members, spouses, family members, children and staff" address difficult issues in free, anonymous, confidential, unrecorded counseling sessions. No diagnosis is provided, however the consultant may recommend that you seek further care. All consultations are off-the-record unless an issue covered by mandate (such as abuse or suicide) is addressed. This service was developed to assist families with the stressors of deployment. Please call for an appointment for any member of the family. Phone: 0152 24211233 (calls answered by a cell phone in Germany).

For more information on these and other programs, contact or visit the A&FRC (Building 2120, Ramstein. Phone: DSN 480-5100 or commercial: 06371 47 5100).



## YOUR UPDATES TO THE GUIDE

We rely on your comments, recommendations and corrections to make this the most practical, lively and current insider's guide possible for Third Air Force A-Staff members and their families.

To submit your updates and comments, please email us the following form or your comments to [welcometogermany@gmail.com](mailto:welcometogermany@gmail.com).

***Thank you!***

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